PHYSICAL CULTURE AND GYMNASTIC CATALOGUE

JAMES GROSE LTD

379 EUSTON RD., GT. PORTLAND ST. LONDON N.W.1

ESTABLISHED 1876.

JAMES GROSE LTD.

HAROLD GROSE - Managing Director and Chairman.
JAMES GROSE - - - Director and Secretary.
LESLIE GROSE - - - Director

TERMS AND CONDITIONS.

Remittances.—Must in all cases accompany orders, otherwise a *pro forma* invoice will be sent.

Cheques and Post Office Orders.—Should be crossed & Co. and made payable to James Grose, Ltd.

Always take the numbers of Postal Orders: Treasury Notes should always be enclosed in a registered envelope.

Cash Refunded.—For any goods returned (carriage paid) in seven days in new unused condition or goods exchanged. Goods that have to be made specially, or procured to order are not returnable.

Returns.—If any goods are returned for exchange or cash to be refunded, reason for returning must be stated. Invoice number given. If letters have been received, our reference number must be given Customer's name and address must be tied securely on the article and carriage prepaid.

Delivery.—Great care is taken when packing and sending out goods. All goods leave in good condition, and are signed for as such by the carriers, who are responsible for any subsequent loss or damage. In the event of any loss or damage goods should be signed for accordingly when received and a claim made upon the Railway Company, Carriers or Post Office immediately. Sign **"Not Examined"** if it is not convenient to examine and check contents at the time of delivery.

Carriage.—Paid on goods of 10/- and over, except bulky and heavy articles.

Export Orders.—These are executed as quickly as possible. All goods are insured and sent by parcel post when possible. Our responsibility ceases immediately after goods leave our depots and we receive signature. Terms:—Cash with order and extra must be sent for insurance and carriage.

Irish.—Are treated as export orders.

Non-Delivery.—If you do not receive your goods within seven days, write to us and give full particulars.

How to Order.—Give catalogue page numbers and number of the article. Write clear and plain. Block letters for name and address preferred.

Telephone or telegram orders should be confirmed in writing the same day. Marked "Confirmation of phone order, date———."

Prices.—Are subject to the fluctuations of the market and are liable to alteration without notice.

Guarantee.—Orders received by us for proprietory articles, or specialities of any manufacture, are executed by us without any responsibility or guarantee regarding same, either expressed or implied, and we cannot accept any contingent liability for any defects, latent or otherwise, but we will at all times do our best to get goods repaired or replaced by the makers. Any goods returned under guarantee must be returned carriage paid.

C.O.D.

We will send any of our goods by this system, in England, Scotland and Wales, The C.O.D. charges to be paid by customer. We do not recommend C.O.D. system for orders under 3/-. The lowest C.O.D. charges being 10d. viz.: carriage 6d., collection 4d. Order by phone or post for immediate despatch. 25% deposit required on Foreign Orders.

DEPOSIT ACCOUNTS.

Many customers will find it to their convenience to open deposit accounts with us, which we shall be pleased to do for sums not less than £2. Accounts cannot be overdrawn Accounts may be balanced at any time on request and balance returned immediately. Orders must be marked Deposit Account.

EASY PAYMENTS.

Cycles, Motor Cycles, Side Cars, Motor Cars, Expensive Accessories, Club Orders, Expensive Athletic Goods etc. may be purchased out of income, and for the convenience of customers we have our own Hire Purchase Department. Proposal forms sent on request. We finance our own hire purchase accounts which ensures confidential business between ourselves and customer. Discounts for early payments.

Telephones.

Euston Road. Euston 5231 (private branch exchange).

Telegrams: JAGROSE, NORWEST, LONDON

Head Depot—

379-381 Euston Road, Gt. Portland St., London, N.W.1

North London Depot

255-257 HOLLOWAY ROAD, LONDON, N.7.

Telephone: NORTH 1297.

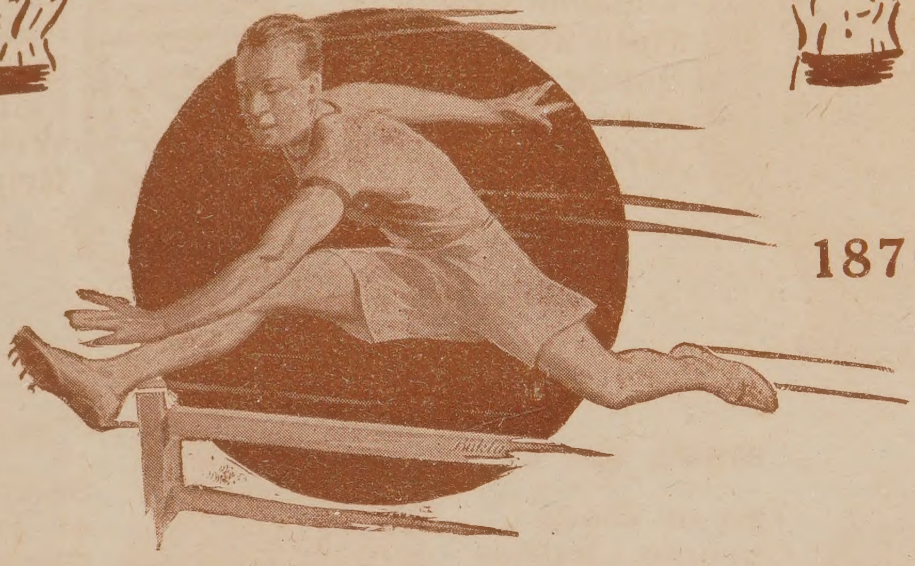
Please do not confuse James Grose Ltd. with firms of similar name

225008 3536 2

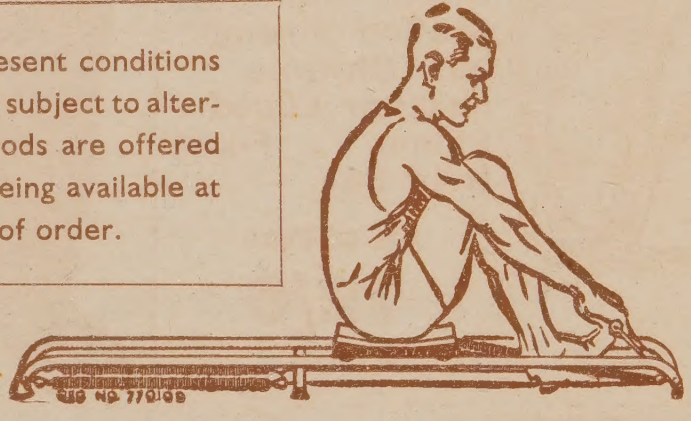
£4

KEEP FIT WITH "JAGROSE" PHYSICAL CULTURE EQUIPMENT

EST. 1876



Owing to present conditions all prices are subject to alteration and goods are offered subject to being available at time of order.



JAMES GROSE LTD.

379-381 EUSTON ROAD, GT. PORTLAND STREET, LONDON, N.W.1

The above is our Head Office AND ONLY Mail Order Dept.

The Firm of JAMES GROSE LTD. was first established in 1876 in the City of London. In 1936, due to rebuilding, our City Branch was closed. Owing to confusion with a firm of similar name we respectfully point out our only addresses are :

379-381, EUSTON ROAD, GREAT PORTLAND STREET, N.W.1

and 225-287, HOLLOWAY ROAD, N.7

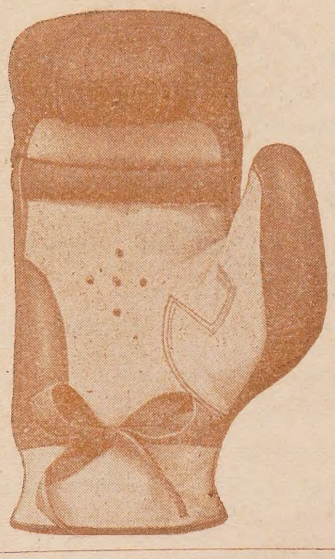
12.39

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W.1

JAGROSE BOXING GLOVES

PRODUCED FOR EXPERTS BY EXPERTS
GUARANTEED BRITISH MANUFACTURE



BOYS No. 1.

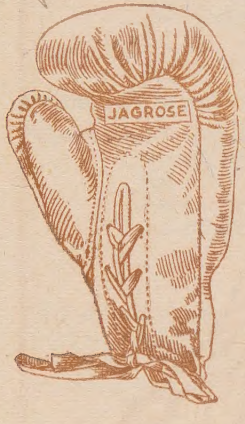
Tan Chrome Leather Cover, Hair Stuffed Suede Leather Palms, Taped Wrist.

Set of Four
8/11

YOUTHS No. 2.

Tan Chrome Leather Cover, Hair Stuffed Suede Leather Palms, Taped Wrist. Fixed Grip Bar.

Set of Four
10/6



MENS No. 3.

Tan or Black Chrome Leather Cover, Hair Stuffed throughout Chrome Leather Laced Palms. Fixed Grip Bar.

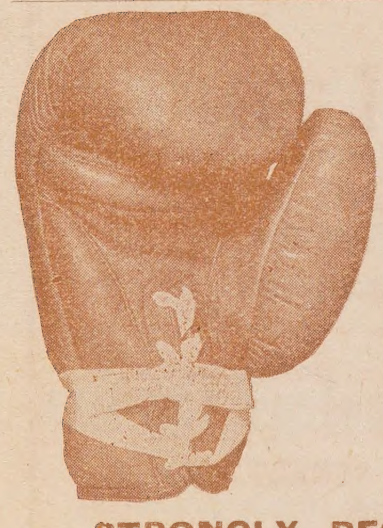
Set of Four
12/6

MENS No. 4

Selected Black or Tan Superior Chrome Leather Cover, Hair Stuffed throughout. Fixed Grip Bar, Buffed Leather Palms, Laced.

8 ozs. Weight.

Set of Four
14/6



JAGROSE CLUB No. 5

Specially Selected Tan or Black Chrome Sheepskin, Fixed Grip Bar. Hair Stuffed throughout, Laced Palm. Padded Wrist. 8 ozs. Weight.

Set of Four **17/9**

JAGROSE COMPETITION No. 6

Superior Selected Black or Tan. Chrome Sheepskin, Seams Piped White. Fixed Grip Bar. Hair Stuffed throughout. Laced Palms, Padded Wrists. 8 ozs. Weight.

STRONGLY RECOMMENDED FOR CLUB COMPETITIONS

Set of Four **20/-**

CLUB DE LUXE BOXING GLOVES

Selected Chrome Sheepskin Covers, with Cream **Tuphine** Leather, laced palms, fully padded wrist, best hair stuffed drill lining, bar grip. Recommended for Club purposes.

8 oz. weight.

No. 7. Set of four

22/6

No. 8. 6 oz. weight

21/6

F. BRYAN'S SERVICE CHAMPION BOXING GLOVES

Tan Cape Cover with Buff Sheepskin palm, stuffed with best horsehair. Fixed Grip Bar, Padded Wrist and Side Pads. 8 oz. or 6 oz. weight. **Laced Palms or Elastic Wrists** can be supplied.

No. 10. Set of four

34/6

F. BRYAN'S BOXING GLOVES

Tan Cape throughout, Horsehair stuffed, fitted with Bar Grip. Can be supplied in Black or Tan.

6 oz. or 8 oz. weight.

No. 9. Set of four

26/6

F. BRYAN'S OXFORD CHAMPION BOXING GLOVES

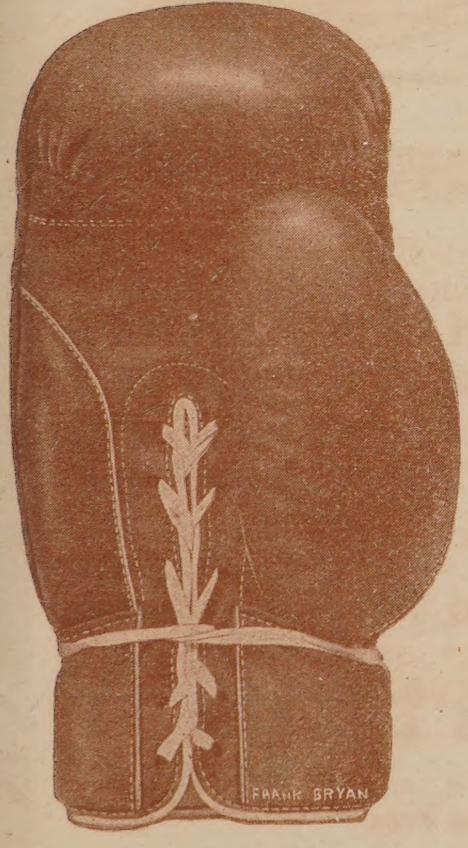
Finest Black Glove Cape Leather, padded Curled Horsehair, perfect fitting. White Kid Seamed, Side Padded and Wrist, Padded Bar Grip.

8 oz. or 6 oz. weight.

A popular Competition Glove.

No. 11. Set of four

38/-



F. BRYAN'S AMATEUR CHAMPION BOXING GLOVES

This Glove was used exclusively in the English Amateur Championships 1937 and subsequent representative contests, including England v. Germany.

Special Features—

1. The Glove is so constructed that the hand can be closed without any effort whatsoever.
2. The thumb is in such a position that it forms a natural grip.
3. It is padded in an entirely novel way, so that the hair is kept in position after considerable use.
4. Made from Best Tan Cape. 8 oz. weight.

No. 12. Set of Four, 1st Quality **41/3**

No. 13 Set of Four, 2nd Quality **32/6**

JAMES GROSE LTD. Estd. 1876

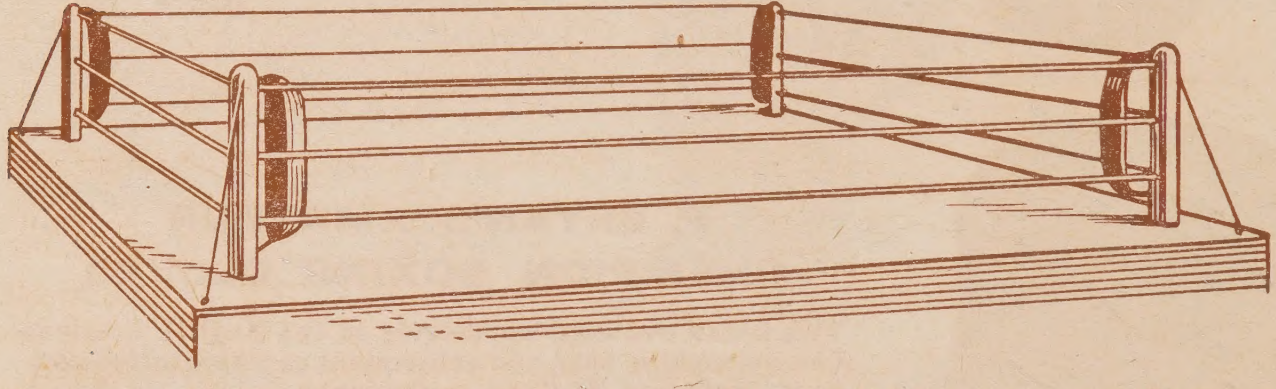
"JAGROSE" INSTRUCTOR'S BOXING GLOVES

Best tan cape leather, horse hair stuffed padded wrist and side pad, fixed grip bar, laced palm, double padded long wrists. Made in two qualities.

	10 oz.	12 oz.	14 oz.	16 oz.
1st quality	**18/3**	**19/11**	**21/6**	**23/-**
	per pair.			
2nd quality	**15/6**	**16/3**	**19/3**	**20/9**
	per pair.			

"JAGROSE" BOXING RINGS

Special Discount prices will be quoted to Clubs for any of these Rings.



Size	2 Rope	3 Rope	Size	2 Rope	3 Rope
12 ft.	**£16 2 0**	**£17 5 0**	16 ft.	**£21 7 9**	**£22 15 6**
14 ft.	**£17 16 6**	**£21 5 6**	18 ft.	**£23 17 3**	**£24 18 3**

Specification. Four $3\frac{1}{2}$" posts, fitted with iron collars to take stays; eight stays and floor plates to take same, four plates to take posts and necessary post hooks to take ropes.

	14 ft.	16 ft.	18 ft.	20 ft.	
FLOOR CANVAS FLOOR FELT	**£6 6 6**	**£8 9 0**	**£10 7 0**	**£12 9 0**	
	12 ft.	14 ft.	16 ft.	18 ft.	20 ft.	
RING ROPES (Hemp) 2 rows	**37/-**	**42/-**	**48/-**	**53/-**	**58/6**	per set
,, ,, ,, 3 rows	**58/6**	**65/-**	**72/6**	**80/-**	**86/6**	,,
CORNER PADS set of four	...	...	...		**54/6**	,,

Any Repairs Undertaken. Quotations Free.

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" PUNCHING BALLS

Floor to Ceiling Fixed Type.

Complete with Bladders.

No. 1. Buff Hide Leather, solid rubber springs. ½ in. adjustable leather straps .. .. each **9/6**

No. 2. Special Hide Leather with solid ½ in. rubber springs, brass eyelets and ⅝ in. adjustable leather straps **11/6**

No. 3. Strong Hide Leather, solid ½ in. grey rubber springs, with brass eyelets, ⅝ in. adjustable leather strap, fitted with swivel attachments **14/-**

F. BRYAN'S PUNCHING BALLS

Complete with Bladders.

No. 4. The "**COUNTY**" Tan Sheepskin, complete with rubber springs, stout leather straps, floor and ceiling fittings.

Medium	Large	Extra Large
23/-	**25/-**	**27/6**

No. 5. The "**GRASSHOPPER.**" Best Gold Tan Sheepskin, stout rubber springs, stout leather straps, floor and ceiling fittings. Very superior.

Medium	Large	Extra Large
28/6	**30/-**	**32/6**

No. 6. The "**CLUB GRASSHOPPER.**" Specially selected Cowhide, rubber springs of extra strength and quality, best bridle leather straps. A ball sepcially adapted for hard use in the gymnasium.

Medium	Large	Extra Large
29/-	**31/6**	**33/-**

"JAGROSE" PUNCH BALL BLADDERS

Neck at Side. Fully Guaranteed.

Size	5	6	7	8	
No. 7	**1/6**	**1/9**	**2/-**	**2/3**	each

"JAGROSE" PUNCH BALL SPRINGS

Best Grey Rubber. **Fully Guaranteed.**

Metal Eyelet each end.

No. 8. Size ½ in. .. **2/9** each. Size ⅝ in. .. **3/6** each

"Jagrose" PUNCHBALLS bear Full Guarantee.

The JAMES GROSE "ORIGINAL JURY" PUNCHING BALL

A punching ball designed by **James Grose** about 40 years ago. It is faster than any other. It is steadier and better balanced. It is the best for training. Recognised by leading amateurs and professionals as the best punching ball ever produced. Complete with all fittings.

Best quality tan cover, made from selected skin, special tested rubber springs, best quality fittings, and Full Guarantee cover this famous ball **55/-**

and at 255-257 HOLLOWAY ROAD, LONDON N.7

JAMES GROSE LTD. Estd. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" represents the best in all Sporting Equipment.

"JAGROSE" PUNCH BALLS

Swing Type for Punch Ball Drums

No. 1. Strong hide case. Best quality tested bladder. Stout supporting cord. Full size .. .. .. Complete **9/9**

No. 2. Strong suede leather. Plain seams. Best quality tested bladder. Fitted with swivel and stout cord .. **13/3**

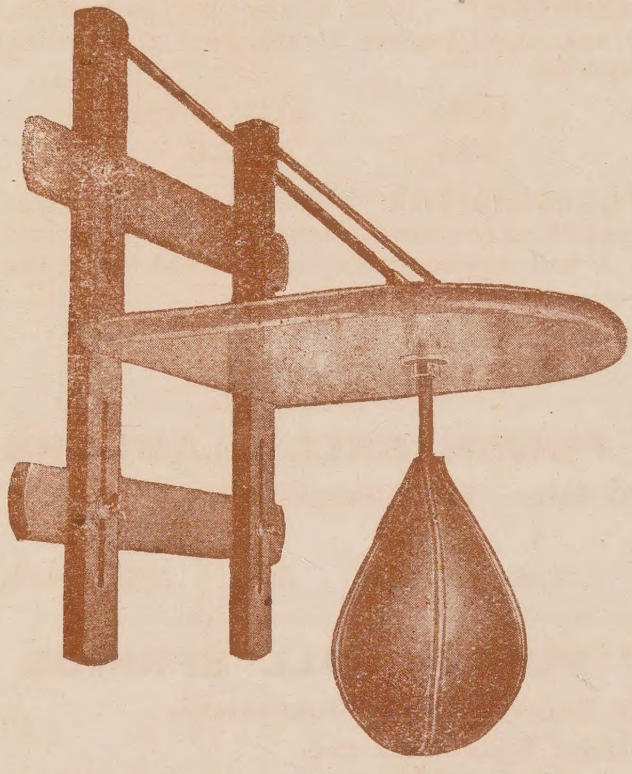
No. 3. Strong suede leather. Piped and taped seams. Tan shade. Best quality tested bladder. Fitted with swivel and stout cord **15/6**

No. 4. "Frank Bryan" selected. Tan leather. Extra strong piped seams. Welted for strength. Double stitched and taped. Ring swivel and stout supporting cord. Best quality bladder .. **19/-**

No. 5. "Frank Bryan" best quality black cape leather. Strong welted seams. Stayed inside with strong tape. Fitted with best bladder. Swivel top with ring and best quality cotton cord .. **20/-**

No. 6. "Frank Bryan" best smooth cow hide. Hand sewn seams. For extra heavy work. A strong, reliable bag for club use. Fitted with strong ring swivel and cord. Best quality bladder .. **26/6**

No. 7. Tan horse hide. Hand made, with best fittings **32/6**

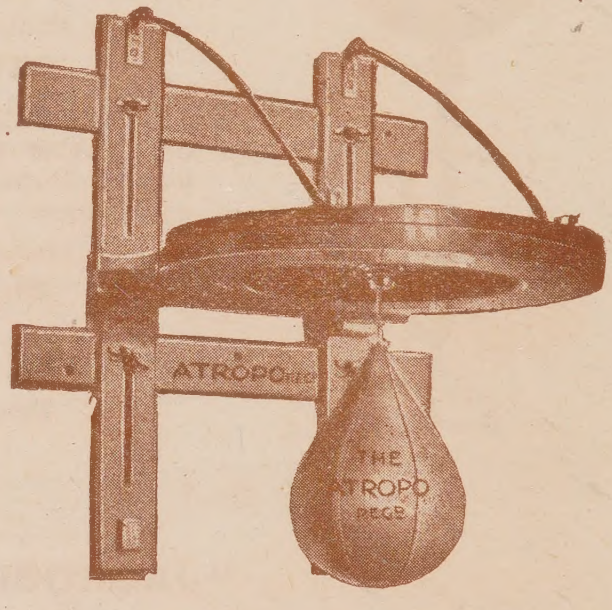


"JAGROSE" PUNCH BALL DRUMS

Complete with Ball

A light portable adjustable platform. Undoubtedly the most perfect of medium price outfits. The platform and frame are made from highly seasoned hard-wood and are perfectly rigid and durable. Fitted with nickel plated cup and ball swivel. Can be adjusted to higher or lower level as required. Strong hide ball full size with guaranteed bladder.

No. 8 .. .. .. **63/-**



ATROPO PUNCH BALL DRUMS

Fully adjustable.

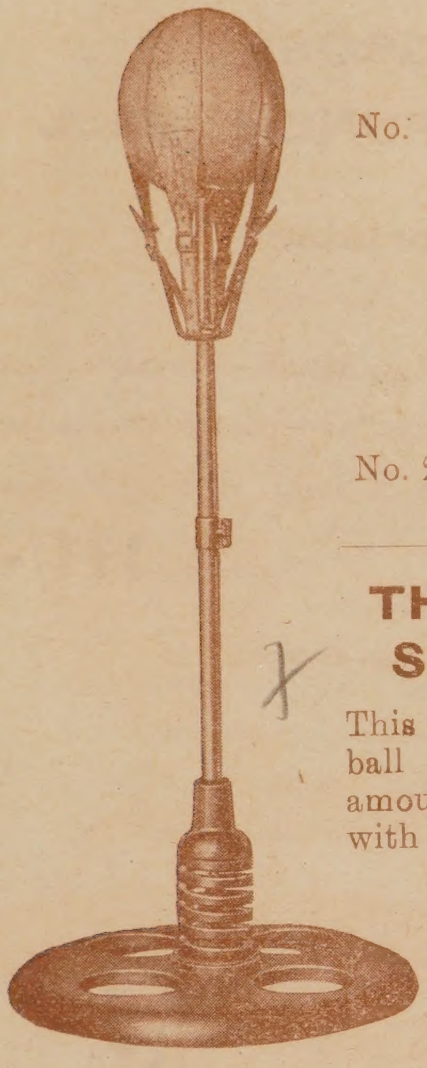
Superior selected varnished pine of exceptional strength. Fully adjustable to height required and very rigid when in use. Nickel plated ball swivel. Easily fitted to any brick or wood wall and folds flat against wall when not in use. Platform only, less ball. (Can be fitted with any of the above balls).

No. 9 .. .. .. **69/-**

JAMES GROSE LTD. Estd. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" PORTABLE PUNCH BALL STANDS



UNBEATABLE VALUE.

No. 1. Skeleton pattern, solid metal circular base, very strong adjustable steel spring. Strong buff leather case, guaranteed bladder.

55/- CARRIAGE FORWARD

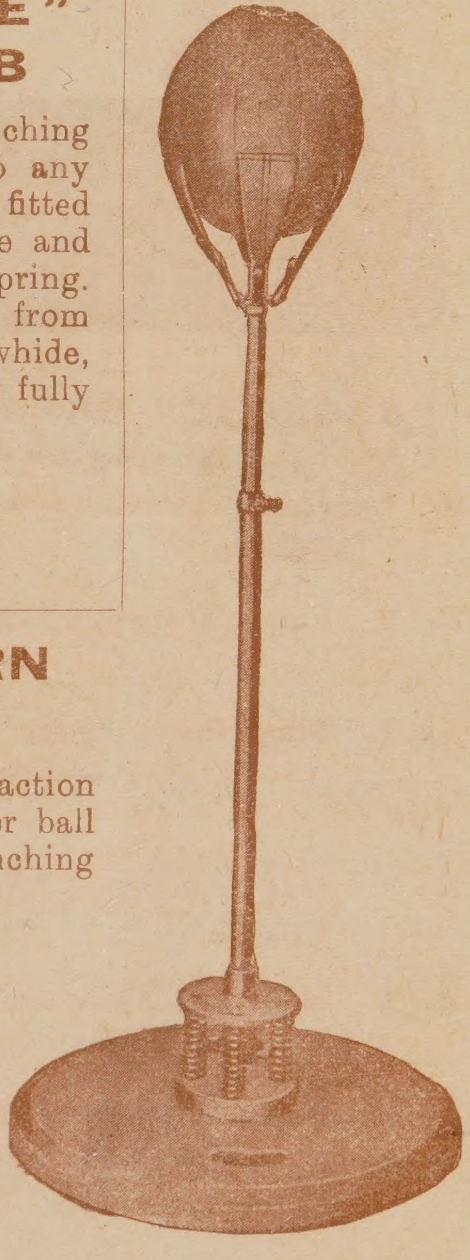
DE LUXE MODEL

No. 2. Similar to No. 1 with superior hide case **62/-**

THE "JAGROSE" SPECIAL CLUB

This is a strongly made punching ball that will stand up to any amount of hard use. It is fitted with a heavy cast iron base and extra strong steel spring. The ball is made from selected English cowhide, extra strong seams fully guaranteed.

No. 2 **86/-**



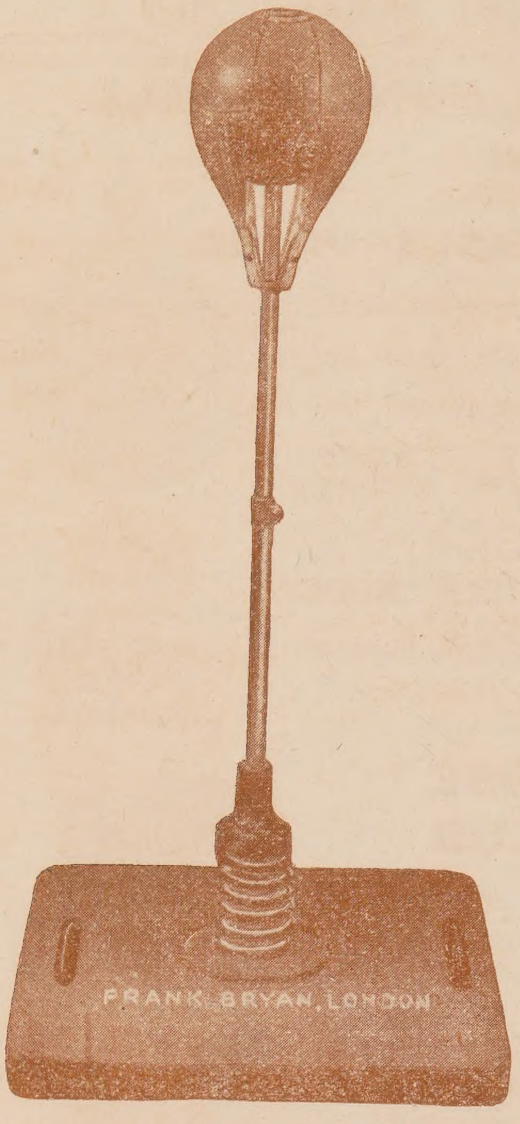
"JAGROSE" QUICK RETURN PUNCHING BALLS

The latest and fastest Punch Ball made. Perfect action and adjustable to any height. Best quality leather ball with heavy cast iron base. The most popular punching ball with the clubs.

No. 3.	Heavy Base 3 Spring Model	**85/-**
No. 4.	60 lb. Base 4 ,, ,,	**113/-**
No. 5.	80 lb. Base 6 ,, ,,	**120/-**

Carriage Forward.

JAMES GROSE LTD. ESTD. 1876



"JAGROSE" STAND PUNCH BALL

Portable

The "Jagrose" Club Stand. Square Base with Rubber Cushion underneath to deaden the noise. Adjustable Stem. Strong leather Ball **111/-**

Carriage Forward

"JAGROSE" DRESSING GOWNS

For Boxing or Wrestling.

No. 1. Heavy Towelling Gown, Check or Stripe Pattern ... ... each **12/6**

No. 2. Fancy Towelling Lightweight Gowns, each **14/11**

No. 3. Plain Super Terry Basket Weave made reverse colour collars and cuffs, each **17/11**

No. 4. Heavyweight. All Wool. Plain and Fancy Checks ... ... each **22/6**

No. 5. Lightweight Flannel Wool, Check Patterns, each **32/6**

Gowns can be Embroidered with your name.
Prices on application.

"JAGROSE" HEAVY TRAINING BAGS

Made from Best Duck Canvas with strong Solid Leather Top Strap. Heavy Metal Ring and stuffed up to various weights. The overall measurements for all weights are :—Height 36", Circumference at Base 51", Circumference at Top 24".

No. 1	20 lbs. .. **29/6**	No. 3	40 lbs. .. **36/-**
No. 2	30 lbs. .. **33/9**	No. 4	50 lbs. .. **39/6**

"JAGROSE" SAILCLOTH BAGS

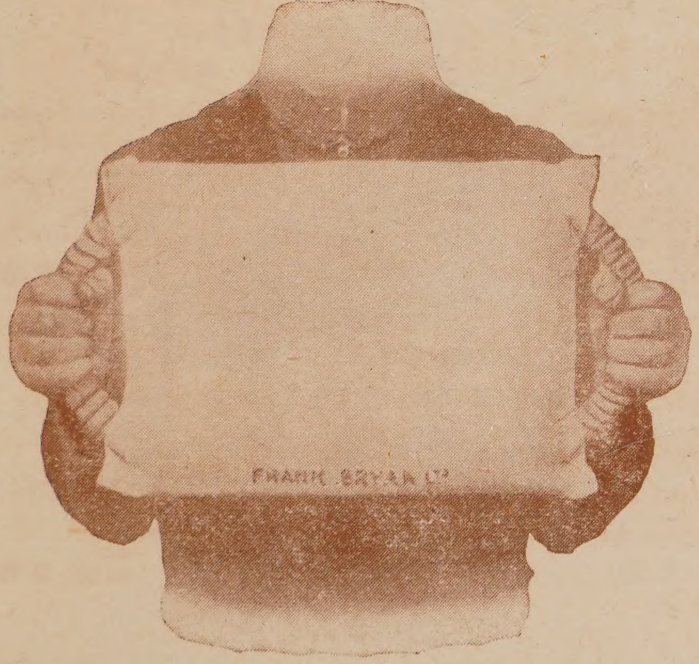
	No. 5 Size 30" × 12"
Unfilled **13/3**	Filled, approx. weight 20 lbs. **24/-**
	No. 6 Size 30" × 15"
Unfilled **14/9**	Filled, approx. weight 25 lbs. **28/9**
	No. 7 Size 30" × 18"
Unfilled **16/9**	Filled, approx. weight 30 lbs. **31/6**

"JAGROSE" PUNCHING DUMMY

Men's full size heavy cast iron Rolling Base.
Pneumatic Body and Head.
Heavy Canvas Covered.
Heavy Canvas Trousers.

No. 8	**£7 10 0**
No. 9 Youths' Size	**£6 19 6**
No. 10 Boys' Size	**£6 10 0**

Carriage Paid.



"JAGROSE" PUNCHING PAD

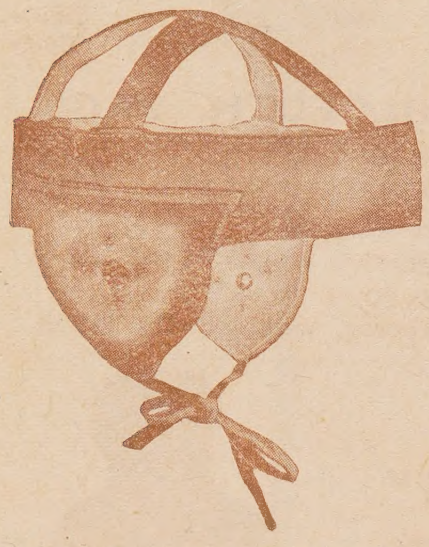
Specially designed for Training purposes to improve defence and speed. Used and recommended by most Clubs.

Leather Cover	...	each **20/-**
Canvas ,,	...	,, **16/9**

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" BOXING HEAD AND EAR GUARDS

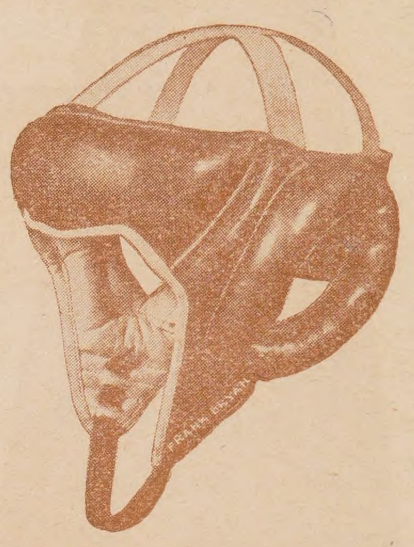


Model 1. Soft tan sheepskin leather, well padded ears, stuffed with sponge rubber, lace chin straps. Very comfortable.

8/- each.

Model 2 Best quality black chrome leather, lined white chrome. Special hair padded ear protectors. Latest American style.

13/3 each.



Model 3. Made from best quality black cape. Super padded front, piped white with ear roll protection. Perfect fitting and protection against "the Cauliflower Ear."

21/- each.

"JAGROSE" PUNCH BALL KNUCKLE PROTECTORS

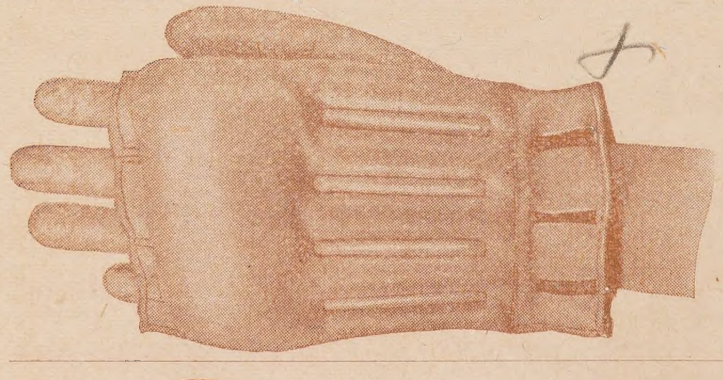
No. 4 Strong tan leather, grip bar, well padded pair **1/3**

No. 4 Superior quality, tan cape, grip bar pair **1/9**

"JAGROSE" PUNCH BALL GLOVES

No. 6 Tan sheepskin, new design, elastic wrist, well padded backs, grip bar pair **2/9**

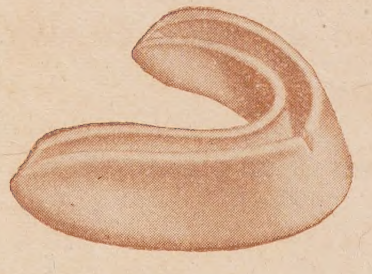
No. 7 Black or tan cape leather. Superior quality. Grip bar, well padded with elastic wrist pair **5/-**



"JAGROSE" PUNCH BALL GLOVES. AMERICAN STYLE

No. 8 New design, made from finest selected cream horse hide with exceptional hard wearing properties, elastic wrist with padded cam, stayed back supports. Knuckles padded with best quality hair

Pair **9/9**



"JAGROSE" BOXERS GUM AND TEETH SHIELD

No. 9 The perfect vulcanised rubber protector shield. Comfortable in use .. .. each **10½**d.

No. 10 De luxe model gum shield in metal container each **2/6**

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" BOXING BOOTS

"JAGROSE" Boxing Boots are second to none and are used by many leading Champions.

British Made Throughout.

No. 1. **The "Winner."** Extra lightweight Black Leather Uppers, Chrome Sole, leading value. Only obtainable at James Grose Ltd. .. .. pair **6/9**

No. 2. **The "Feather."** Black Pliable Leather Uppers, strong Chrome Leather Sole. A good practice boot .. .. .. pair **8/9**

No. 3. **The "Club."** Superior quality well cut Black Leather Uppers, with pump Chrome Sole .. .. .. pair **10/3**

No. 4. **The "Amateur."** Black Pliable Box Calf Uppers, Mercury Chrome Pump Sewn Soles, Leather Instep Support. A good fitting durable boot .. .. .. pair **12/-**

This Boot is recognised by Leading Boxers as the Finest Boxing Boot Value obtainable.

No. 5. **The "Champion."** Specially designed Open Tab Toe, soft pliable Black Calf Uppers, with superior quality Mercury Chrome Pump Soles. Hand made and well fitting. Fully Guaranteed .. pair **16/6**

No. 6. **The "Professional."** Best quality Calf Uppers, superior quality stout Mercury Chrome Leather Sole, Hand Sewn Pumps, Champion Open Tab Toe. Hand Made throughout with best quality materials. Fully Guaranteed .. .. .. pair **21/-**

"JAGROSE" HIGH LEG BOXING BOOTS

Suitable for Wrestling aud Weight Lifting.

No. 7. Specially designed Open Tab Boot, roomy fitting, Black Glacé Uppers with White Kid Facings. Best quality Mercury Chrome Soles, bevelled edges .. pair **13/-**

No. 8. Selected Black Calf Uppers with White Leather Facings. Mercury Chrome Soles, bevelled edges. A well fitting Boot pair **17/9**

No. 9. A real tough light weight Boot, best quality Calf Uppers. Soles pump sewn with special bevelled edge. Hand Made throughout with best quality materials. Fully Guaranteed .. .. .. pair **24/-**

"JAGROSE" BOXING SOCKS

No. 10. White Ribbed Wool. Turn-over Tops. Strong and comfortable .. pair **1/6**

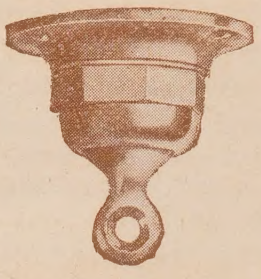
No. 11. Superior Quality. Extra Heavy Wool .. .. „ **2/6**

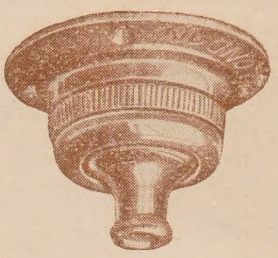
and at 255-257 HOLLOWAY ROAD, LONDON, N.7.

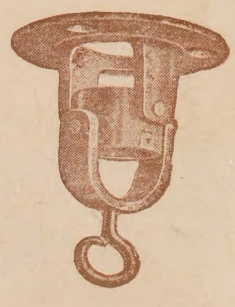
JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" PUNCH BALL SWIVELS







1 2 3 4

No. 1. A good Swivel at a low price. Works noiselessly .. .. **2/11** each

No. 2. A really reliable swivel with special centre piece to obviate breaking ropes. Brass hexagonal nut for easy fixing .. .. .. **4/-** „

No. 3. A really fast swivel, nickel plated, readily detachable. Ball is shaped to prevent breaking of cord .. .. **5/9** „

No. 4. Universal action Swivel. nickel plated. Exceptionally fast. No cord required .. .. **9/9** „

"JAGROSE" TRAINING GLOVES

Indispensable to all Athletes.
Keeps you really fit.

BROWN ROUGH LINEN, very effective .. pair **2/6**

BEST HORSE HAIR, small size pair **5/3**

Ditto, large size „ **5/9**

"JAGROSE" TRAINING STRAPS

The most useful Friction Rub in existance.

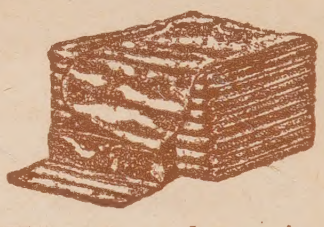
Best Horse Hair. For use across back **6/3**

"JAGROSE" ATHLETES SLIP

No. 1. White or Navy Fabric. each **1/-**

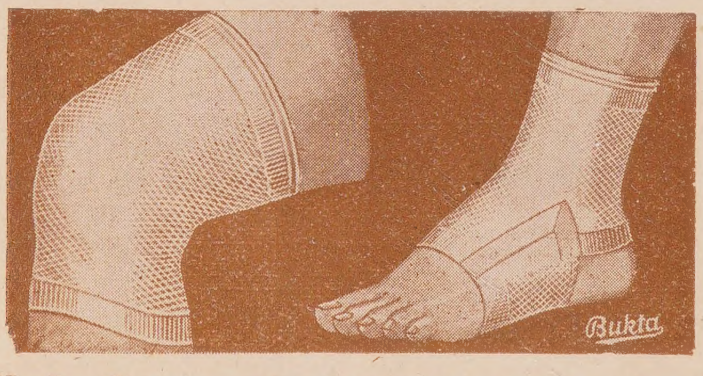
No. 2. Natural wool fabric. each **2/6**

"JAGROSE" TRAINING TOWELS



No. 1 White Terry, large size **1/11**

No. 2 Best rough brown linen. Always remain rough. Large size **4/-**



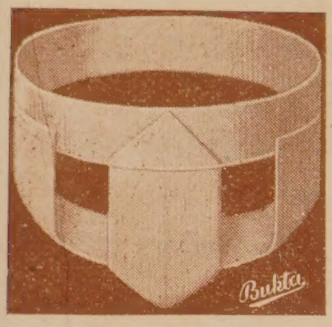
"JAGROSE" ATHLETES ELASTIC KNEE CAPS AND ANKLETS

No. 1. Seamless, woven by an improved process from cotton yarn and fine rubber. Perfect and non-chafing fit. Kneecap or Anklet .. .. .. each **2/3**

No. 2. Stronger and more durable. This good quality is chosen for the extra strength which is woven into the fabric. New flat seam. Anklet or Kneecap **2/9**

No. 3. Superior seamless best quality support. Snug and comfortable fitting, only the best rubber used. Unsurpassable quality Anklet or Kneecap .. **3/11**

Please send measurements when ordering to obtain correct fitting.



"JACROSE" ATHLETES JOCK STRAPS

These jock straps give 100 per cent. protection without binding, chafing or interfering with the freedom of the wearer in any way.

No. 1. Comfortable all elastic strap **2/3** ea.
No. 2. Medium weight and strength **4/-** „

"JACROSE" ATHLETES JOCK STRAPS

White or Black, elastic hips, 3" band, sateen pouch. Comfortable and perfect support.

No. 3 .. .. .. **3/3**

"JACROSE" ATHLETES SUSPENDERS

Suitable for all sports. Perfect fitting. Elastic waistband.

No. 6 .. .. .. **1/6**
No. 7 Best quality with elastic round pouch **1/11**

"JACROSE" QUILTED JOCK STRAPS

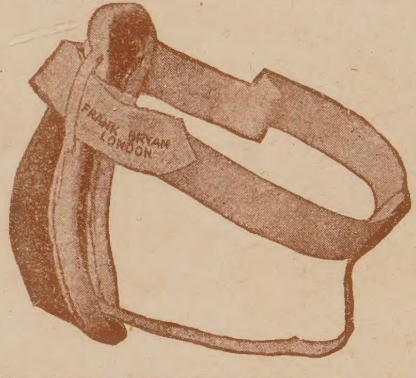
Elastic hips, quilted sateen back and front, perfect fitting. Every detail carefully studied.

No. 4 Black or White, 4" band .. **5/-**
No. 5. Black only, 6" band .. **7/6**

"GRASSHOPPER" (Regd.) ABDOMINAL PROTECTOR

The "Perfect" Abdominal Protector. Latest approved pattern with foul proof cup. Padded to waist line with best quality sponge rubber.

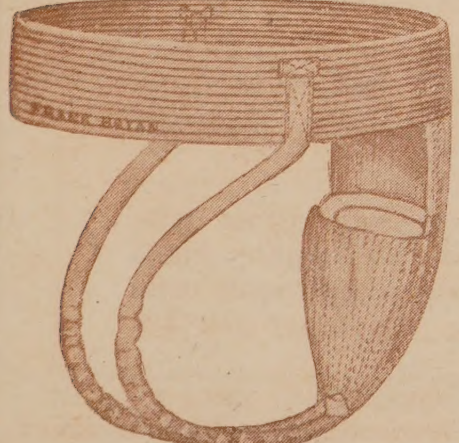
No. 8 .. .. .. **20/6**



"JACROSE" ABDOMINAL PROTECTOR

A complete and perfect shield, used by Champion Boxers, Wrestlers, etc. A strong aluminium shield covered with white cape leather fitted with straps.

No. 9 .. .. .. **5/9**



"JACROSE PRESIDENT" ABDOMINAL PROTECTOR

One of the most comfortable and easy fitting Abdominal Protectors ever made. As used by many Varsity, County and leading Athletes. Made from the finest elastic web throughout, wide waist band with removable shield protector which is made of aluminium covered with best white cape leather.

No. 10 .. .. **7/9**

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

SLIMS
Litesome Belt
REJUVENATES
SAFEGUARDS

FOR EVERY MAN 18-80

Wear a Litesome Support and banish risk. It braces and supports the muscles of the lower abdomen and vital organs, takes the strain, preventing chills, safeguarding against Rupture, Varicocele, and Prostate Gland, and imparting a fine "braced up" feeling of lightness and well-being to the wearer.

PROTECTION
against
RUPTURE,
VARICOCELE,
PROSTATE
GLAND and
OVERSTRAIN.

Sizes 28-34 and 34-40 waist.

POPULAR	...	...	**3/9**
DE LUXE	...	...	**5/6**
MAYFAIR	...	...	**13/6**

SUPPORT IS VITAL!

Do not delay purchasing a "Litesome" until it is too late. Regrets are a poor consolation. Every athlete owes it to himself to protect the lower abdomen and vital organs.

ARCH AND ANKLE SUPPORT. Invaluable for those who stand or walk much. Gives wonderful support to the ankle—binds and and lifts the arch—relieves muscles of strain and prevents tired aching feet. Price per pair **1/3**

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W.1.

"JAGROSE" PERFECT BOXING SHORTS

(As supplied to leading Professional and Amateur Champions)

Coloured waist and side stripes. New pattern, special design. Supplied only by "Jagrose." 2½" broad elastic webbing waist, best quality sateen. The essence of comfort. Smart cut. Do not be misled by advertised imitations. We can supply any combinations of colours. Send your fighting weight when ordering by post. **5/-** pair

Plain black or navy. In the "Jagrose" shorts **4/3** pair

Initials (two) placed in any position **1/6** extra.

"JAGROSE" BOXING, WRESTLING TRUNK DRAWERS

(Useful for beach, swimming or sun bathing)

No. 1. White or navy cotton fabric, elastic waist, perfect fitting **1/9** pair

No. 2. Superior quality, black cotton fabric, strong elastic waist **2/9** pair

No. 3. Special spring knit wool. Ideal for wrestling. In red, black, green, maroon, navy, royal, amber. Perfect cut and finish **5/6** pair

No. 4. Special spring knit wool. Shades as above. Fitted with jock strap **6/6** pair

No. 5. "Bukta" wool trunks, smart new designs and colours **5/11** pair

No. 6. "Jantzen" wool trunks. Extra heavy wool in new designs and colours **15/-** pair

Post Orders. C.O.D. orders are given personal attention.

"JAGROSE" TIGHTS AND COMBINATIONS

Boxing, Wrestling, Fencing, Cycling, Skating Champions all use "Jagrose" feet tights.

No. 1. Strong black cotton feet tights as illustrated. Elastic waist, perfect fitting lengths **2/9** pair

No. 2. Medium weight black cotton feet tights. Double seated, elastic waist **4/3** pair

No. 3. Heavy weight black cotton feet tights. Double seated, elastic waist **5/3** pair

No. 4. Cashmere wool black feet tights. Double seated, elastic waist **8/3** pair

No. 5. Heavy cashmere wool, black feet tights. Double seated, elastic waist **11/6** pair

No. 6. Best Continental heavy ribbed wool, thick and weighty. Ideal for wrestling **27/6** pair

No. 7C. Full body combinations. Stout hard wearing cotton, black **10/-** each

No. 8C. Full body combinations. Black cashmere wool **17/6** each

James Grose Ltd. Official Sports Outfitters EST. 1876.

To save delay: Address all orders to 379-381 Euston Road, London, N.W.1

JAMES GROSE LTD. Estd. 1876

EUSTON ROAD, GT. PORTLAND ST., N.W. 1

"JAGROSE" BOXING VESTS

Can be used for Gym., Running, Cycling, Rowing and all sports

No. 1. White cotton fabric, ribbed neck, white or coloured neck and sleeves .. .. **1/6** each **14/6** doz.

No. 2. Medium weight cotton fabric. White or coloured neck and sleeves .. .. **1/9** each **18/6** doz.

No. 3. Best quality cotton fabric. White or coloured neck and sleeves **2/3** each **24/6** doz.

No. 4. Best quality cotton fabric, fitted with specially designed slip attachment .. .. **2/9** each **31/6** doz.

Colours in stock: Trimmed, Royal, Red, Green, Navy, Amber, Sky.

Short Sleeves

"JAGROSE" SLEEVELESS VESTS

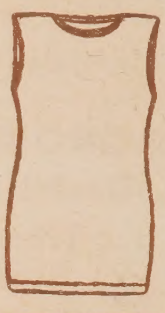
American Style, low neck back and front, hollowed armpits

No. 5. White cotton fabric. American pattern **1/9** each **18/6** doz.

No. 6. Medium weight fabric. Strong and very durable for club use. White or black .. .. **2/3** each **24/6** doz.

No. 7. Best quality white fabric with trimmed edges, neck and arms **2/9** each **31/6** doz.

No. 8. Heavy quality fabric, best cotton, white or black. Smart cut and finish .. .. .. **4/-** each



"JAGROSE" HARRIER VESTS

Half Sleeves, Quarter Sleeves or Sleeveless

No. 9. 2 inch horizontal stripes or 4 inch chest band .. **38/9** doz.
Medium weight .. .. **48/3** doz.
Any design or style quoted for per return of post.

No. 10. **"Highgate Harriers" Vests** always in stock.
Special quality cotton fabric .. .. **4/-** each

"JAGROSE" GYM TROUSERS

Smart Cut. Well Made. Comfortable. Easy.

No. 11. Strong Gabadine Finish Twill, Cream Shade. Smart. Will hold centre crease well **12/6**

No. 12. White Union Flannel, a very strong fabric. Guaranteed Soap Shrunk **14/3**

No. 13. Superior quality White Union Flannel, Soft smart finish. Guaranteed Soap Shrunk ... **17/-**

No. 14. Smart Heavyweight White Flannel, superior cut and style. Guaranteed Soap Shrunk ... **21/3**

GYM, RUNNING, BOXING, JUMPING, WALKING KNICKERS

No. 15. White Cotton, Boys', Youths' or Mens' pair **1/4½**

No. 16. Black, Navy or White, superior elastic waist „ **2/3**

No. 17. Strong Sateen. White, Navy and Black, Red, Sky, elastic waist .. .. „ **2/9**

No. 18. Superior Sateen. Varsity pattern, 2 button fly front, White, Navy or Black. Comfy and smart. As illustrated .. .. „ **4/-**

Coloured stripes at sides .. per pair extra **7d.**

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" ATHLETIC SWEATERS

Superior all wool Training Sweaters

No. 1. White or grey. Roll or polo collar. Strong ribbed wool **6/11**

No. 2. White or grey. Roll or polo collar. Strong special spring knit wool ... **10/-**

No. 3. White or grey. Open, roll or polo collar. Extra heavy plain stitch wool **12/-**

No. 4. Cable or rope stitch. Heavy wool. White. Roll or open neck **13/9**

No. 5. Special coloured training sweaters. Roll collar, Royal Blue, Red, Green, Amber in heavy spring knit wool **8/11**

"JAGROSE" CONTINENTAL SWEATERS

No. 6. Fancy shades in Brown and Fawn. Heavy ribbed. Roll button over collar. Ideal training sweater. Medium weight **14/11**

No. 7. Heavy ribbed. Plain shades and fancy marl patterns. Roll button over collar. Heavyweight wool **25/-**

No. 8. Superior heavy ribbed plain shades. Maroon, Green, Brown, Blue. Roll button over collar. Extra heavyweight wool **34/6**

"JAGROSE" TRAINING SUITS

Gents' or Ladies'

As worn in Olympic Games.

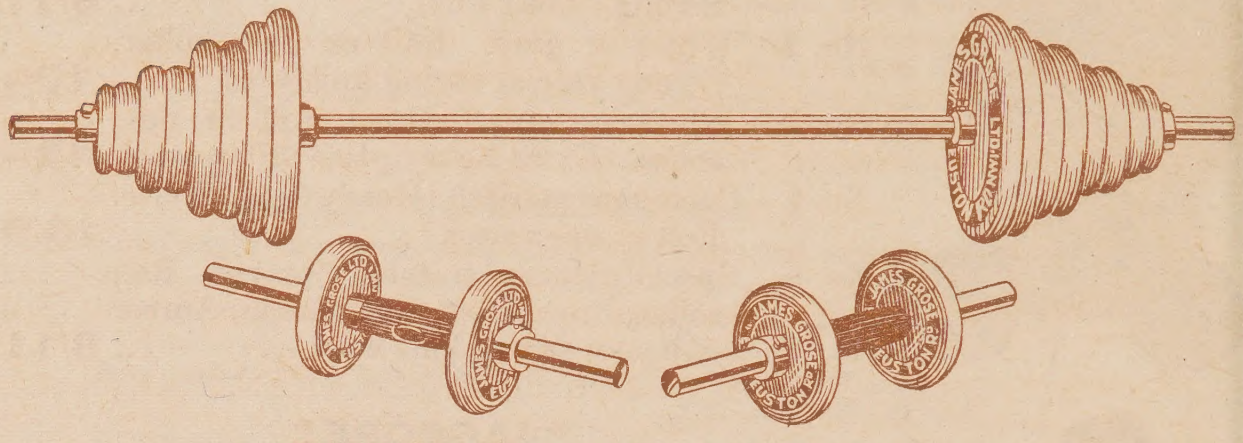
No. P29. These suits are made from strong, closely knitted fleecy lined fabric, and comprise a well fitting blouse and useful trousers. The blouse has elastic at waist and wrist. An adaptable collar with self locking zip fastener can be worn open or closed. The trousers have elastic at waist and ankles. Fitted with side pocket. Navy and Royal **14/6**

No. P30. Superior quality. White, Black, Maroon, Nigger, Navy or Royal Blue. Non rusting zip. Excellent cut and finish **21/-**

To save delay:—Address all orders to 379/381 Euston Road, London, N.W.1.

JAMES GROSE LTD. ESTD. 1876
EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

BUILD UP YOUR STRENGTH WITH
"JAGROSE" DE LUXE DISC LOADING BARBELLS



Each Set Guaranteed Full Weight.

Disc loading barbells of exceptional strength and quality. Guaranteed speciall tested polished 1" steel bars, steel collars, correctly machine turned and super finishe blue enamelled cast iron disc weights. Each set consists of Barbell Bar, two 18 i Dumb Bell Rods with special non-slip grips, four fixing collars, a set of assorted weight spanner for fixing, also a free Official Chart B.A.W.L.A. of 42 lifts. Every set i guaranteed to be full weight as stated. Not to be compared with inferior imitation

All sets sent carriage forward.

"JAGROSE" JUNIOR SET No. 1

comprising

4 ft. Bar	2—10 lb. Discs
2—18 in. Dumb Bells	4—5 lb. ,,
2 non-slip Grips	2—2½ lb. ,,
4 Collars	Spanner

Free Chart of B.A.W.L.A. 42 Lifts.

65 lbs. - 19/6

"JAGROSE" MIDWEIGHT SET No.

comprising

4 ft. 6 in. Bar	2—15 lb. Discs
2—18 in. Dumb Bells	2—10 lb. ,,
2 non-slip Grips	4—5 lb. ,,
4 Collars	2—2½ lb. ,,
	Spanner

Free Chart of B.A.W.L.A. 42 Lifts.

95 lbs. - 25/6

"JAGROSE" UTILITY SET No. 3

comprising

4 ft. 6 in. Bar	2—20 lb. Discs
2—18 in. Dumb Bells	2—15 lb. ,,
2 non-slip Grips	2—10 lb. ,,
4 Collars	4—5 lb. ,,
	Spanner

Free Chart of B.A.W.L.A. 42 Lifts.

130 lbs. - 32/6

"JAGROSE" CLUB SET No. 4

comprising

4 ft. 6 in. Bar	2—20 lb. Discs
2—18 in. Dumb Bells	4—15 lb. ,,
2 non-slip Grips	4—10 lb. ,,
4 Collars	2—5 lb. ,,
	Spanner

Free Chart of B.A.W.L.A. 42 Lifts.

170 lbs. - 42/-

"JAGROSE" PROFESSIONAL SET No. 5

comprising

6 ft. Barbell Bar	4—15 lb. Discs
2—18 in. Dumb Bells	4—10 lb. ,,
2 non-slip Grips	6—5 lb. ,,
4 Collars	2—2½ lb. ,,
4—20 lb. Discs	Spanner

Free Official Chart of B.A.W.L.A. 42 Lifts.

240 lbs. - 55/-

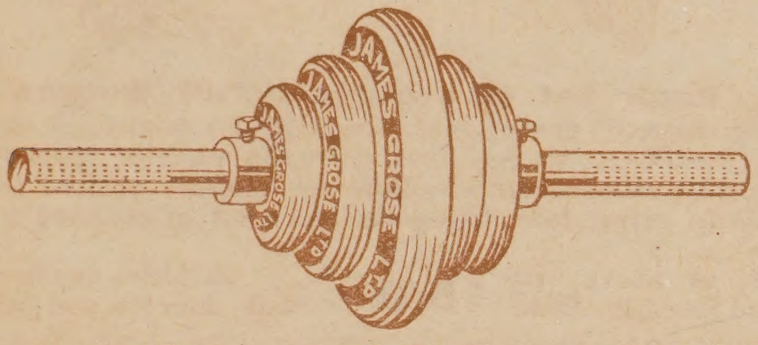
These sets can be supplied chromium plated see page 21.
Any combination of weights altered if required.

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" SWINGBAR BELL

Chromium Plated



Collars and Bar

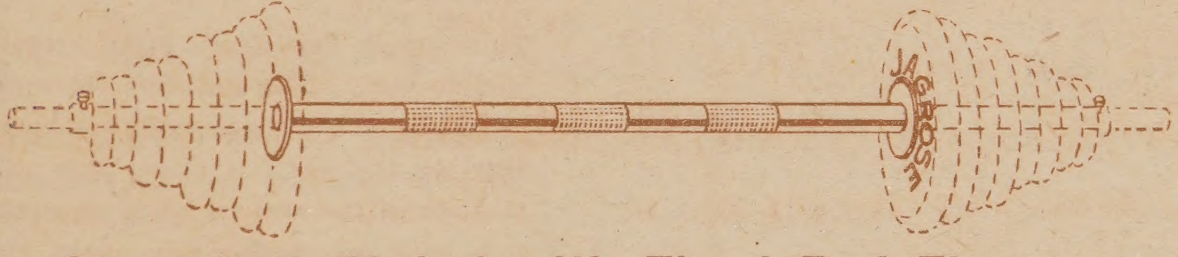
The Latest Method of Building Strength.

The advantages of the "Swing Bar" Bell can be immediately appreciated as it is possible to use with freedom in a small space. You will be amazed at the results obtained in a few months.

Specification includes 18 in. chromium plated bar, specially milled grips to prevent slipping, two chromium plated collars and 25lb. weights, painted silver with blue markings.

17/6 Complete.

"JAGROSE" BARBELL TWIST GRIP BAR



Chromium Plated with Fixed End Flanges.

Can be used with your own Barbell Sets.

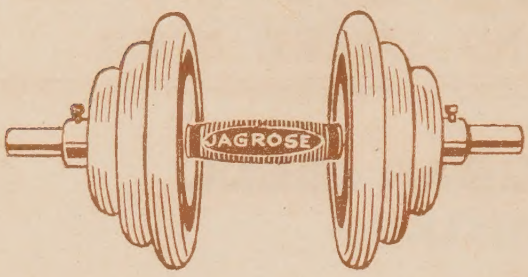
This Twist Grip Bar has been constructed to fit over a 1 in. Barbell Bar, and allows the weights and bar to rotate when lifted. The end flanges act as collars as the weights rest against them. Specially milled grips prevent any slipping.

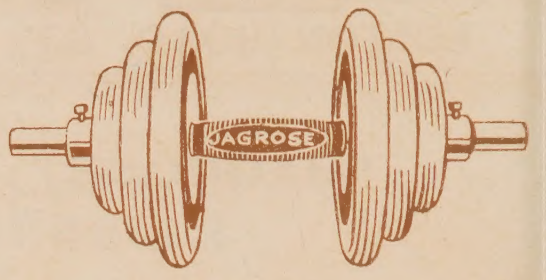
Add to the appearance of your set by fitting a "Jagrose" Twist Grip Bar to-day.

17/6 Complete.

and at 255-257 HOLLOWAY ROAD, LONDON, N.7.

"JAGROSE" STRENGTH-BUILDING DE LUXE DUMB BELLS





Each Set Guaranteed Full Weight.

Disc loading Dumb-Bells of exceptional strength and quality. Guaranteed specially tested polished 1" steel bars, steel collars, correctly machine turned and super finished blue enamelled cast iron disc weights. Each set consists of two 18" Dumb-Bell Rods with special non-slip grips, four fixing collars, a set of assorted weights and spanner for fixing.

No. 1. 50 lb. Set, as above with eight 2½ lb. and four 5 lb. discs. **15/9**

No. 2. 90 lb. Set, as above with eight 2½ lb., four 5 lb. and four 10 lb. discs **23/6**

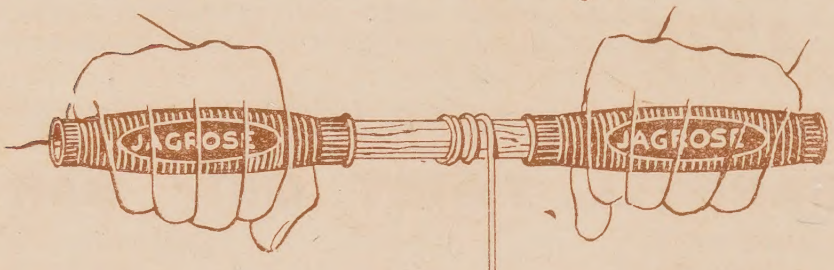
No. 3. 140 lb. Set, as above with four 2½ lb., four 5 lb., four 10 lb. and four 15 lb. discs **33/6**

No. 4. 180 lb. Set, as above with four 2½ lb., four 5 lb., eight 10 lb., and four 15 lb. discs **42/6**

No. 5. 250 lb. Set, as above with four 5 lb., eight 10 lb., four 15 lb, and four 20 lb. discs **55/**

All Carriage Forward.

32 Page Illustrated Book of Dumb-Bell Exercises .. Post 2d. 9d



"JAGROSE" TWIST GRIP FOREARM DEVELOPER

This simple device can mean muscles iron to you. The method is to wind th weight up to the hands and back again b twisting the bar, by doing this all th muscles in the arm are being strengthene and built up, and a few weeks of thi exercise will soon develop any soft flabby muscles.

Consists of special stained wooden bar wit two non-slip grips and strong fitting for at taching and suspending the Barbell Dis Complete with blue enamelled 5 lb. di weight.

No. 6 .. .. **3/6**

THE OFFICIAL EXERCISE CHART

The Official Barbell and Dumb-Bell Chart of Exercises with List of all Records.
Officially sanctioned by the British Amateur Weight Lifting Association.
42 Complete Lifts for 1/- (post 2d.)

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" BARBELL ACCESSORIES

20lbs 15lbs 10lbs 5lbs 2½lbs 1¼lbs

BARBELL DISCS

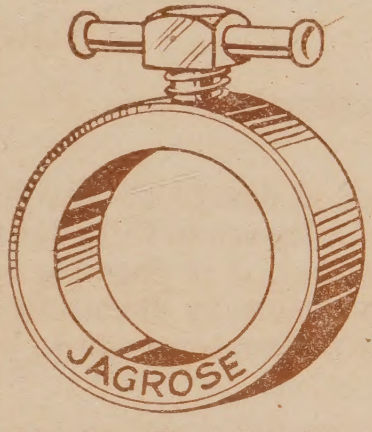
Enamelled Blue Finish.			1 in. centre.			Solid Cast Iron.			Rounded Edges.		
1¼ lbs.	...	6d.	5 lbs.	...	1/6				15 lbs.	...	4/3
2½ lbs.	...	9d.	10 lbs.	...	2/9				20 lbs.	...	5/6

Carriage extra.

"JAGROSE" BARBELL COLLARS

Steel Collars correctly machine turned, complete with bolt. To take 1" bar.

		Polished	Chrom. Plated
No. 1.	Each ...	1/3	2/4
No. 2.	Per Set of four	4/-	9/6



"JAGROSE" QUICK RELEASE BARBELL COLLARS

Similar specification to model No. 1 with special quick release fitting.

		Polished	Chrom. Plated
No. 3.	Each ...	1/9	2/9
No. 4.	Per Set of four	5/6	10/9

"JAGROSE" TWIST GRIP for BARBELLS or DUMB BELLS

Best quality non-slip Grip on a steel tube which acts as a Twist Grip. Takes the place of inside collars.

No. 5 ... ... per pair **2/3**

"JAGROSE" BARBELL STEEL BARS

Guaranteed specially tested and full weight.

	Polished	Chrom. Plated
18 in. Bar ...	1/9	4/-
24 ,, ,, ...	2/3	5/6
48 ,, ,, ...	4/6	10/11
54 ,, ,, ...	5/3	12/6
60 ,, ,, ...	5/9	13/9
72 ,, ,, ...	6/9	16/6

Other lengths quoted for.

"JAGROSE" CHROMIUM PLATED BARBELL SETS

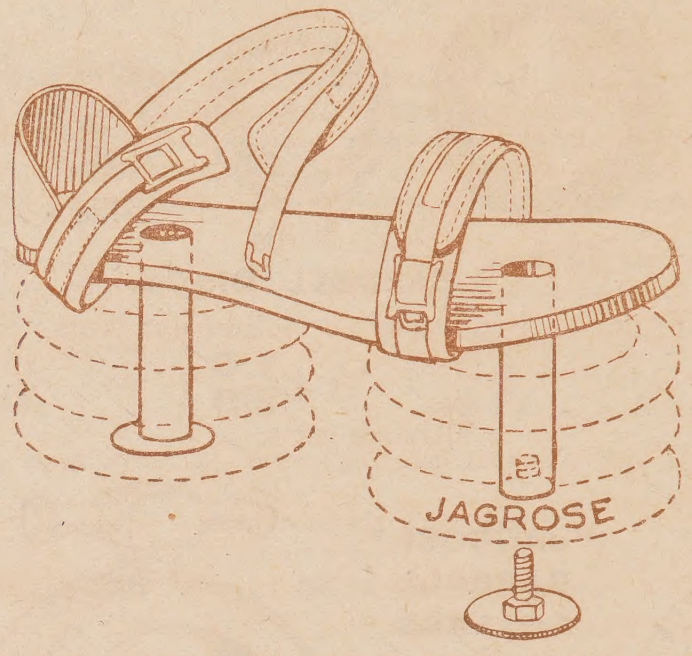
"Jagrose" Barbells Sets as detailed on page 18 with chromium plated rods and collars; and the disc weights painted silver with blue markings.

		Cash
No. 1C.	Junior Set	37/6
No. 2C.	Midweight Set	45/-
No. 3C.	Utility ,, ...	52/6
No. 4C.	Club ,, ...	58/6
No. 5C.	Professional	74/6

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" NEW IMPROVED DESIGN
WEIGHT-LIFTER'S BOOTS



This new improved design of Weight-lifting Boot enables the wearer to stand quite normally when fully laden with weights. Thus, in addition to the usual excercises, it is possible to develop all leg and thigh muscles in an upright position by standing on one foot and raising the other to trunk level. This also develops to advantage the abdomen, waist and all back muscles.

These Boots are specially shaped and fit by means of adjustable straps. The weights can be fitted or removed by means of a special screw locking device as illustrated. Strong and well made. Finished in silver.

No. 1 ... ... **22/6** pair

"JAGROSE"
"PROFESSIONAL" WEIGHT-LIFTERS BOOTS

As used by many famous weight-lifters

These Boots are constructed from heavy unbleached canvas uppers, with black contrast trimmings, special heavy shock-proof sponge rubber sole and specially arched rubber instep support reinforced forced for toe dragging. Lace to toe pattern, thus ensuring a perfect and comfortable fit.

No. 2 ... ... **13/-** pair

and at 255-257 HOLLOWAY ROAD, LONDON N.7

"JAGROSE" SPRING DEVELOPERS

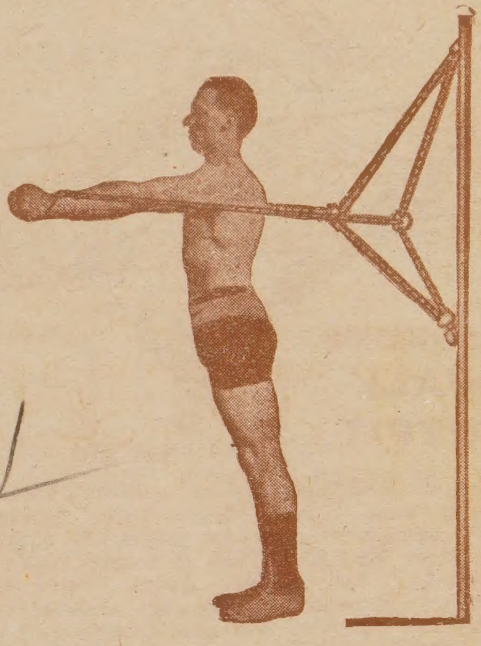
FOR SUPER MUSCLES AND STRENGTH BUILDING

After many experiments we have placed on the market a series of All-Steel Expanders. They are made from carefully selected tempered spring steel with the best nickel-plated finish. Strong handles which give grip and confidence. Compact, light and easy to use, they do not vary in pull—are unaffected by climatic conditions—and are practically indestructible. With each Expander is supplied a copy of our new **Expander Chart** the most modern of its kind that can be obtained anywhere.

No. 1.	2 Steel Springs.	60 lbs. pull	**4/-**	No. 4.	5 Steel Springs.	150 lbs. pull	**7/6**
No. 2.	3 „ „	90 lbs. „	**5/3**	No. 5.	6 „ „	170 lbs. „	**8/9**
No. 3.	4 „ „	120 lbs. „	**6/3**	No. 6.	7 „ „	200 lbs. „	**10/-**

SPARE SPRINGS 1/3 each.

"JAGROSE" EXERCISERS

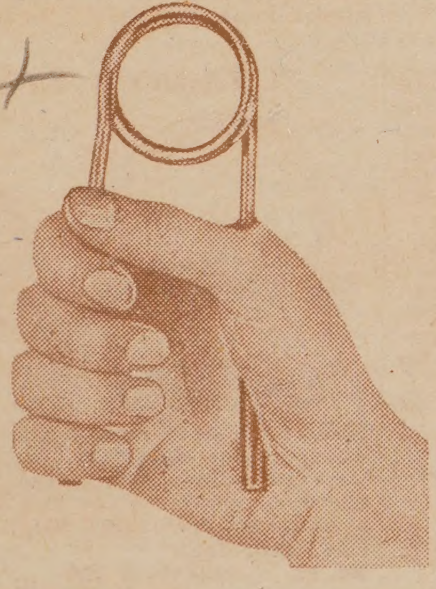


This is an instrument of precision admirably adapted for those who desire perfect all-round development. In a matter of seconds the Exerciser is converted into an Expander or *vice-versa*. As a wall Exerciser its usefulness is proved by its adaptability. It is attached by means of three unobtrusive hooks to the wall.

COMPLETE WITH CHART OF EXERCISES.

					Each		Each
No. 4.	**LADIES**	Strength.	Resistance	5 lbs. per Strand	**6/3**	Extra Strands	**1/-**
No. 5.	**MENS**	„	„	8 lbs. „ „	**6/11**	„ „	**1/3**
No. 6.	**ATHLETES**	„	„	11 lbs. „ „	**7/6**	„ „	**1/4**
No. 7.	**HERCULES**	„	„	14 lbs. „ „	**8/-**	„ „	**1/6**
No. 8.	**EXTRA HERCULES**		„	17 lbs. „ „	**9/3**	„ „	**1/9**

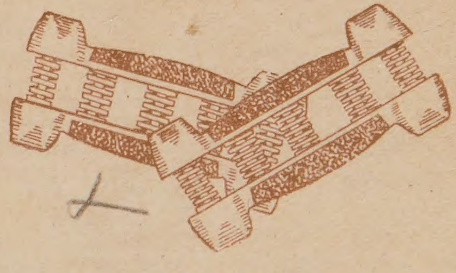
"JAGROSE" "ST. GEORGE" COIL GRIP



This simple but efficient Grip was specially invented to carry inside the coat pocket. Unseen and unobserved, it can be used during idle moments to exercise the hands; to increase the power of the muscles of the thumb, the fingers and the hand generally.

No. 9 .. **2/6**

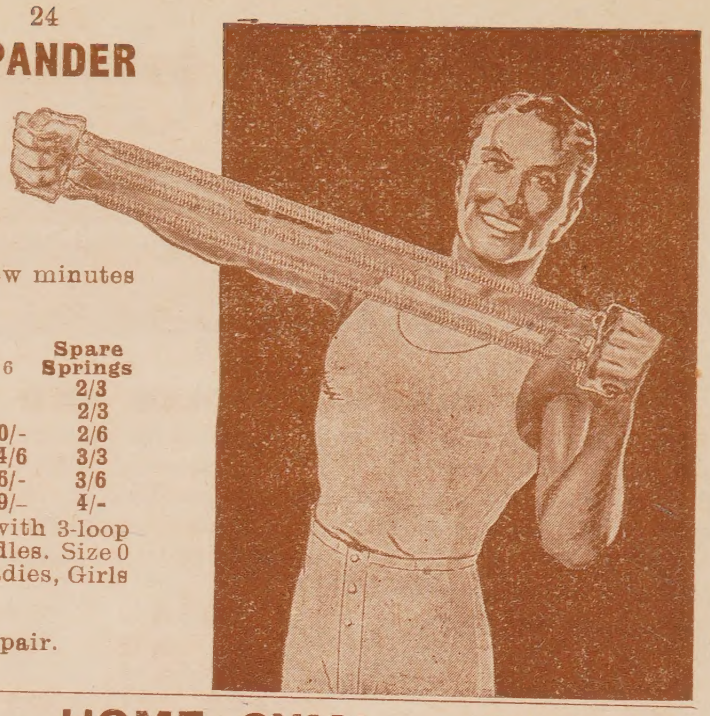
"JAGROSE" SPRING GRIP DUMB-BELLS



No. 15. Double lengthwise. Nickel Springs. Polished grips pair **5/3**

The TERRY STEELSTRAND EXPANDER

No. 91



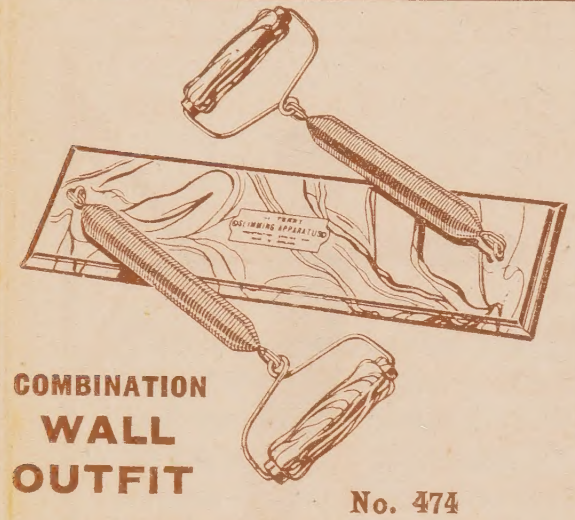
Another tremendously popular TERRY appliance for home or gymnasium use. Unique because its famous Terry Steelstrand springs can never weaken and give the user an exaggerated idea of his strength. Mighty chest expansion and lung power and fine steel-strong muscles are most enjoyably developed by a few minutes a day with this expander.

Size	Length of Strand	Strength of Strand	No. of Strands 1	2	3	4	5	6	Spare Springs
0	9¾"	5 lbs.	3/6						2/3
1	10¾"	10 lbs.	4/9	7/6	9/6				2/3
2	14"	15 lbs.	5/6	7/6	10/-	13/3	17/-	20/-	2/6
3	14"	20 lbs.	5/9	9/-	12/3	16/3	20/9	24/6	3/3
4	14"	30 lbs.	6/-	9/6	13/-	17/3	22/-	26/-	3/6
5	14"	50 lbs.	6/6	10/6	14/6	19/3	24/6	29/-	4/-

All 1, 2 and 3 Strand Expanders are supplied with 3-loop handles, except Size 0, which has single-loop handles. Size 0 is designed for Children's use and Size 1 for Ladies, Girls and Boys.

Spare Handles

3-loop 2/6 ; 4-loop 3/3 ; 5-loop 4/6 ; 6-loop 5/- pair.
For Sizes 0 and 1, 2/- pair.



COMBINATION WALL OUTFIT

No. 474

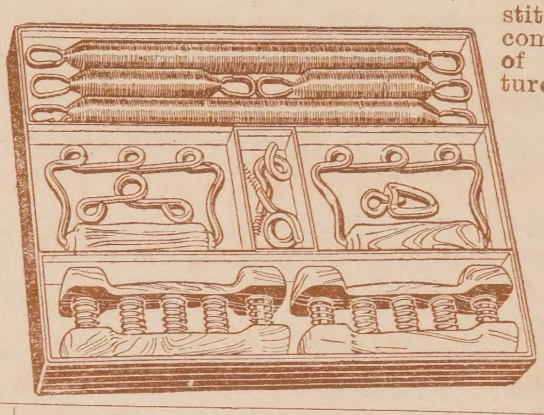
Another outstanding example of TERRY design and Terry "Never-Tire" Springs. This appliance can be used as a Wall Exerciser and as FOUR different types of Expander for Chest, Arms, Shoulders, Stomach Muscles or any part of the body. Complete with two Exsrcise Charts and two Wall Hooks FREE.

SIZE 2 **17/-** Size 3 **18/6** SIZE 4 **20/-**

HOME GYM!

No. 1289

Terry's have scored again! Their complete "HOME GYMNASIUM OUTFIT IN A BOX" is the very thing you've long waited for. It provides a complete "6-in-1" Physical Culture, Training and Exerciser Equipment. **At 25/9** complete this "6-in-1" Outfit ensures Health, Strength, Vigour and Vitality from a few minutes a day pleasurable exercise.



HERE IS WHAT YOU GET—

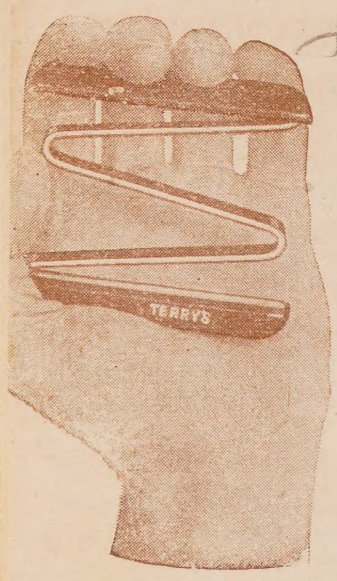
Spring Grip Dumb Bells, Single Strand Exerciser, Chest Expander, Double Strand Exerciser, Wall Exerciser. FREE.=The Free Exercise Charts (three books) and muscle diagrams given with this "6-in-1" Outfit constitutes a valuable complete "Course of Physical Culture."

POCKET GRIP

A handy, "inexhaustible" POCKET GRIP which you can use anywhere—at any time—to develop a grip of steel and wrists like whipcord. The pressure range of this unique little appliance is from zero to 20 lbs.

3/-

TERRY'S POCKET WRIST DEVELOPER



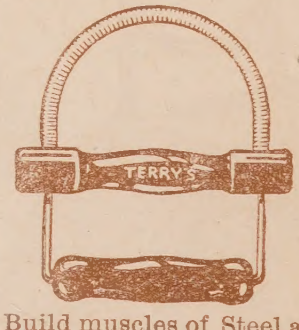
No. 1150

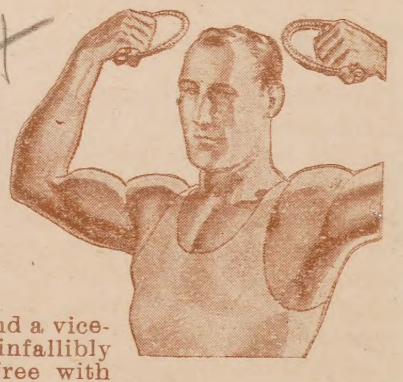
For strengthening and developing muscles of arm, wrist, hand and fingers. You can use it wherever you are and whenever you like; walking, reading or resting. And you can try gripping in many ways, with the whole hand or to strengthen individual fingers.

Strength comes "automatically."

Price .. **1/-**

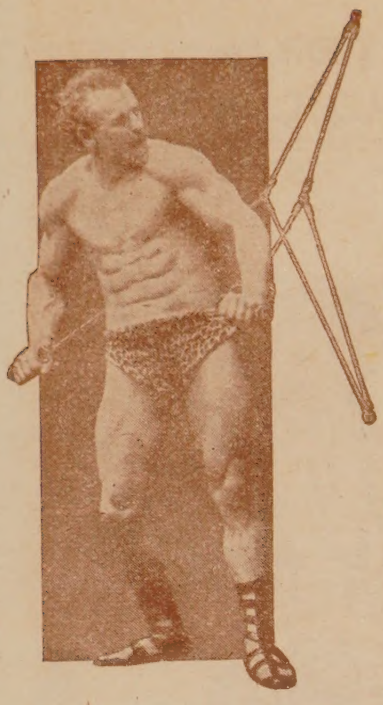
TERRY'S SPRING GRIPS





Build muscles of Steel and a vice-like grip, quickly, easily, infallibly Exercise charts given free with each pair also show you how to develop magnificent chest abdominal, spinal and thigh muscles, and gain panther, like suppleness.

No. 93. Complete in Box ... ... **6/6** pair
with Book of Exercise Charts.



"JAGROSE."
London Agent for Sandow's.

THE "SANDOW" COMBINED DEVELOPER

The World Famous Exerciser in an Improved Form.

New Model with either finest quality British SPIRAL STEEL or COTTON COVERED RUBBER STRANDS.

Supplied in four strengths :

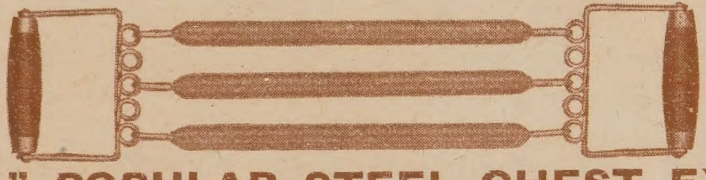
	With 4 Steel Strands	With 6 Rubber Strands
"Popular" ...	**20/-**	**16/6** per set
"Adult" ...	**24/-**	**22/6** ,,
"Athlete" ...	**27/-**	**25/6** ,,
"Hercules" ...	**28/-**	**27/-** ,,

Boxed complete with the Sandow Booklet "Be Strong!" giving Sandow's orginal simple health rules.

"SANDOW" SUPER STEEL CHEST EXPANDER
Chromium Plated.

		1 Spr.	2 Spr	3 Spr.	4 Spr.	5 Spr.	Spare 15" Spr.
No. 2	Each Spring 20 lb. pull	**6/11**	**10/-**	**13/3**	**16/3**	**19/6**	**3/2**
,, 3	,, ,, 30 lb. ,,	**6/11**	**10/3**	**13/9**	**17/3**	**20/9**	**3/8**
,, 4	,, ,, 40 lb. ,,	**8/6**	**12/6**	**16/9**	**20/9**	**24/9**	**4/3**

Boxed with Exerciser Chart and Sandow Book "Be Strong."



"SANDOW" POPULAR STEEL CHEST EXPANDER

		1 Spr.	2 Spr.	3 Spr.	4 Spr.	5 Spr.	Spare 18" Spr.
No. 5	Each Spring 35 lb. pull	**5/2**	**7/9**	**10/4**	**12/11**	**15/6**	**2/7**

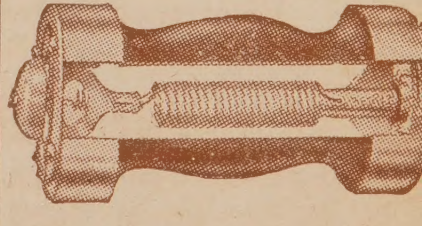
Boxed with Exerciser Chart and Sandow Book "Be Strong."

THE WONDERFUL "SANDOW" COMBINATION OUTFIT

This very handy all-round developer outfit consists of a five spring steel expander with handles and special steel stirrups. Its uses include those of Chest Expander, General Exerciser, Leg Strengthener and Weight Lifter. British made throughout and beautifully finished. In strong cardboard box with Sandow Exercise Charts and Booklet "Be Strong" In two strengths.

Men's **12/-**, Athletes **14/6** complete.

THE "SANDOW" RINGING DUMB-BELLS



Prices :

Nickel Plated **20/-** pair

Enamelled **16/6** ,,

Complete with Illustrated Exerciser Chart and the Sandow Booklet "Be Strong."

DELIVERY FROM STOCK.

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

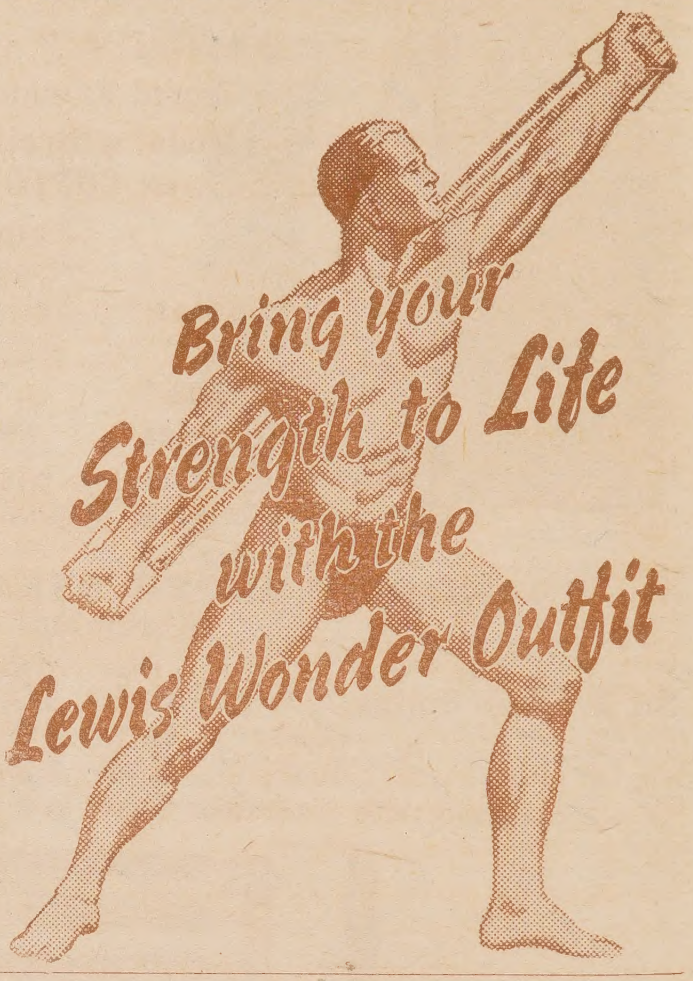
THE "LEWIS" WONDER EXPANDER OUTFIT

Comprising :—Rowing Machine, Weight Lifting Machine, Leg Exercisers, Chest Developers, Height Increase Appliance, Foot Stirrups.

Packed in Neat Box with Jack Lewis's EXPANDER WAY TO HEALTH.

Men's Strength **8/6**

Athletes ,, **10/-**



THE "LEWIS" IMPROVED EXPANDERS

1	Spring Expander	20 lb. Pull	**3/6**	3	Spring Expander	90 lb. Pull	**10/6**
1	,, ,,	30 lb. ,,	**5/-**	4	,, ,,	80 lb. ,,	**10/6**
2	,, ,,	40 lb. ,,	**6/6**	4	,, ,,	120 lb. ,,	**14/-**
2	,, ,,	60 lb. ,,	**8/-**	5	,, ,,	100 lb. ,,	**13/6**
3	,, ,,	60 lb. ,,	**8/6**	5	,, ,,	150 lb. ,,	**16/6**

SPARE SPRINGS. 20 lb. Pull **2/6**. 30 lb. Pull **3/6**. All Springs 15" long.

This improved Expander is neatly boxed with a special Lewis Photographical Illustrated Exercise Chart. Extra Long Springs, **6**d. each extra.

THE "LEWIS" POPULAR EXPANDER

A reliable, durable, spring with full stretch and length. Used and recommended by leading Athletes and Physical Culturists.

Latest improved quality.

1	Spring Expander	35 lb. Pull	**3/6**	3	Spring Expander	105 lb. Pull	**6/6**
2	,, ,,	70 lb. ,,	**5/-**	4	,, ,,	140 lb. ,,	**8/6**

5 Spring Expander 175 lb. Pull **10/-**

SPARE SPRINGS. 20 lb. Pull **1/8** 35 lb. Pull **2/-** fitted with clips.

The above Expanders have springs with couplings 18 ins. long. Neatly boxed with Lewis's instructions and photographical chart.

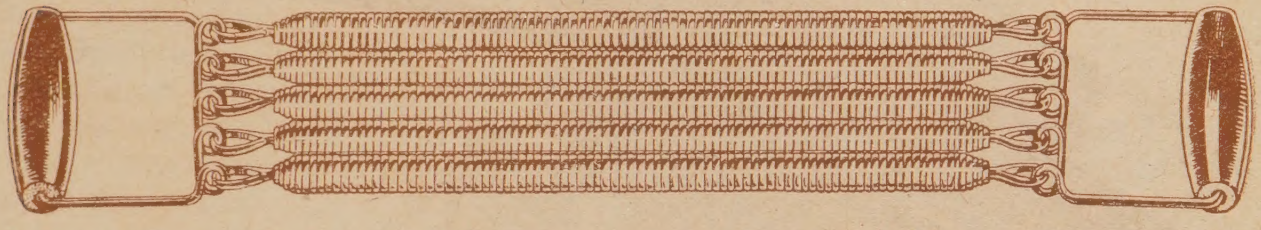
JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

ROTHWELL
EXPANDERS AND COMBINATION SETS

STEEL CHEST EXPANDER

The Rothwell Chest Expander Sets are of first-class workmanship throughout and extremely durable. The Steel Springs are manufactured from specially made high tensile steel wire and will not outlast strands of inferior quality but retain their power indefinitely. They are not affected by climatic conditions. The polished non-slip handles are specially made for comfort in use. They are guaranteed to withstand great pressure and will not tarnish or lose their shape. Handles and Springs are fitted with special improved couplings which make for absolutely safety in use

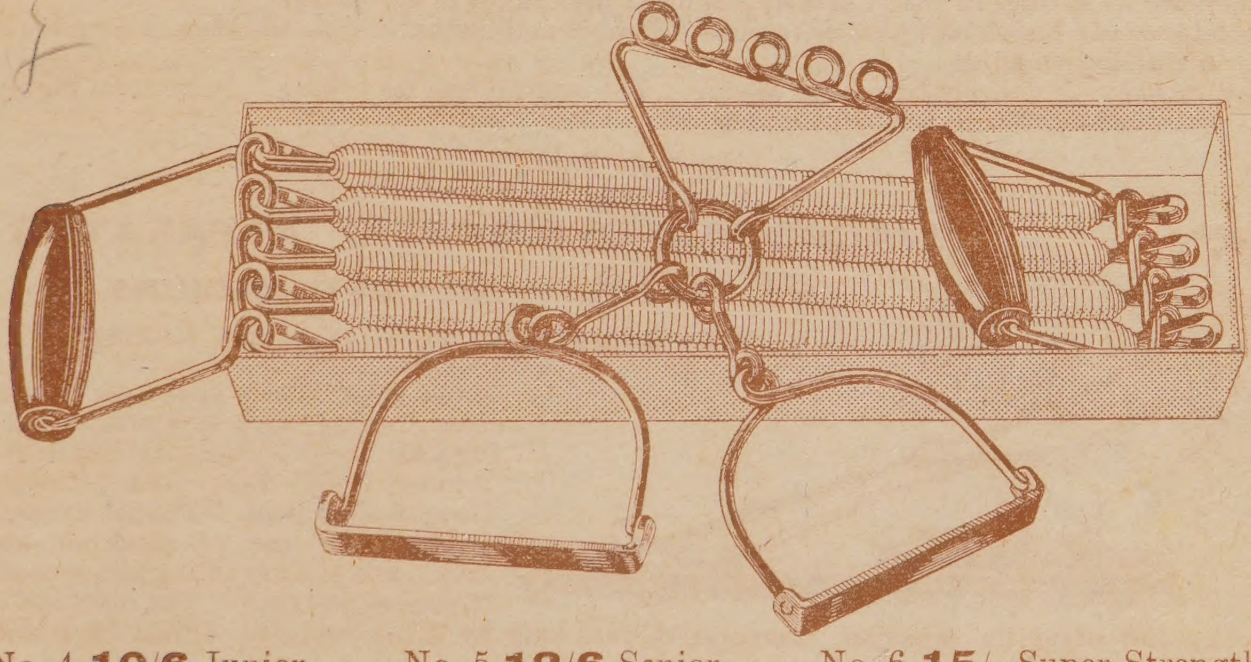


		1 Spr.	2 Spr.	3 Spr.	4 Spr.	5 Spr.
No. 1	(Each Spring 20 lb. Pull)	**4/-**	**6/-**	**8/-**	**10/-**	**12/-**
No. 2	(Each Spring 30 lb. Pull)	**4/6**	**6/9**	**9/3**	**11/6**	**13/9**
No. 3	(Each Spring 40 lb. Pull)	**5/-**	**7/6**	**10/-**	**12/6**	**15/-**

With each Chest Expander Set complete comprehensive Course of Body-Building instruction given free

"PERFECTED" COMBINATION SETS

The Rothwell Combination Outfits are specially designed for those who require a complete Home Gymnasium in one unit. Each Combination Set contains a Chest Expander of four powerful springs; improved safety Foot-Stirrups; and special coupling adjustments which enable the appliance to be used as a general devoloper and arm and leg strengthener. Each Combination Set is neatly packed and contains full instructions for assembling and use.



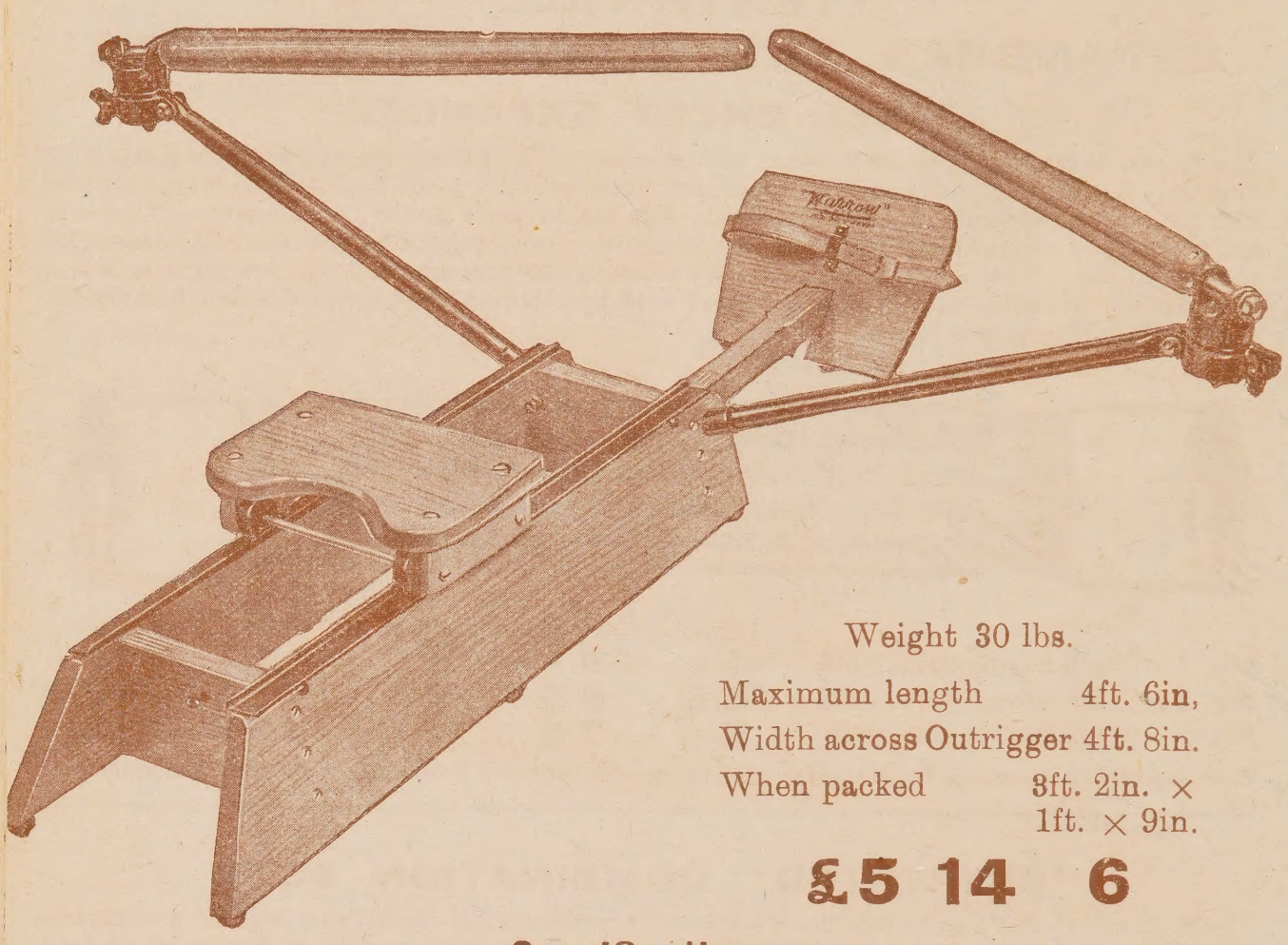
No. 4 **10/6** Junior No. 5 **12/6** Senior No. 6 **15/-** Super Strength

With each Chest Expander Set complete comprehensive Course of Body-Building instruction given free

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

THE WARROW SCULLER



Weight 30 lbs.

Maximum length 4ft. 6in,
Width across Outrigger 4ft. 8in.
When packed 3ft. 2in. × 1ft. × 9in.

£5 14 6

Specification.

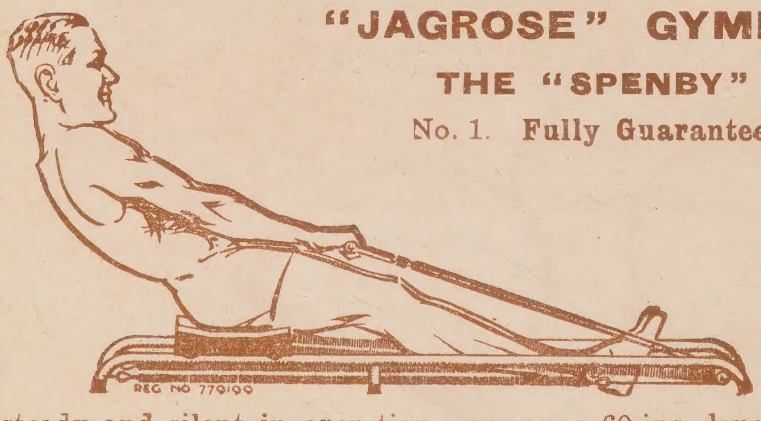
Reproduces all the essentials of river sculling.
The frame and footboard are mounted on rubber buffers, which give a perfect grip to the floor.
The friction drums are strongly made and guaranteed against faulty workmanship.
There are no springs in them, greatly lessening the chance of a breakage.
Resistance can be varied by adjusting nut. Simple and instantaneous adjustment for a child or full grown adult.
Return stroke is entirely free, as in rowing. The sculls rotate for rowing. Made from highly seasoned hardwood, beautifully polished.

Carriage Paid.

"JAGROSE" GYMNASTIC APPARATUS

THE "SPENBY" SCULLING MACHINE

No. 1. **Fully Guaranteed. Serviceable and Lasting.**



Made from Black Cellulose Finish Steel Tubing, with comfortable sliding seat. Eight Nickel-plated Springs, Rubber Shod Feet with Rubber Covered Foot Rest. The six springs attached to rear of machine are detachable thus enabling adjustment to desired strength. The machine is steady and silent in operation, measures 60 ins. long by 15 ins. wide by 4½ ins. high and weighs about 14 lbs.

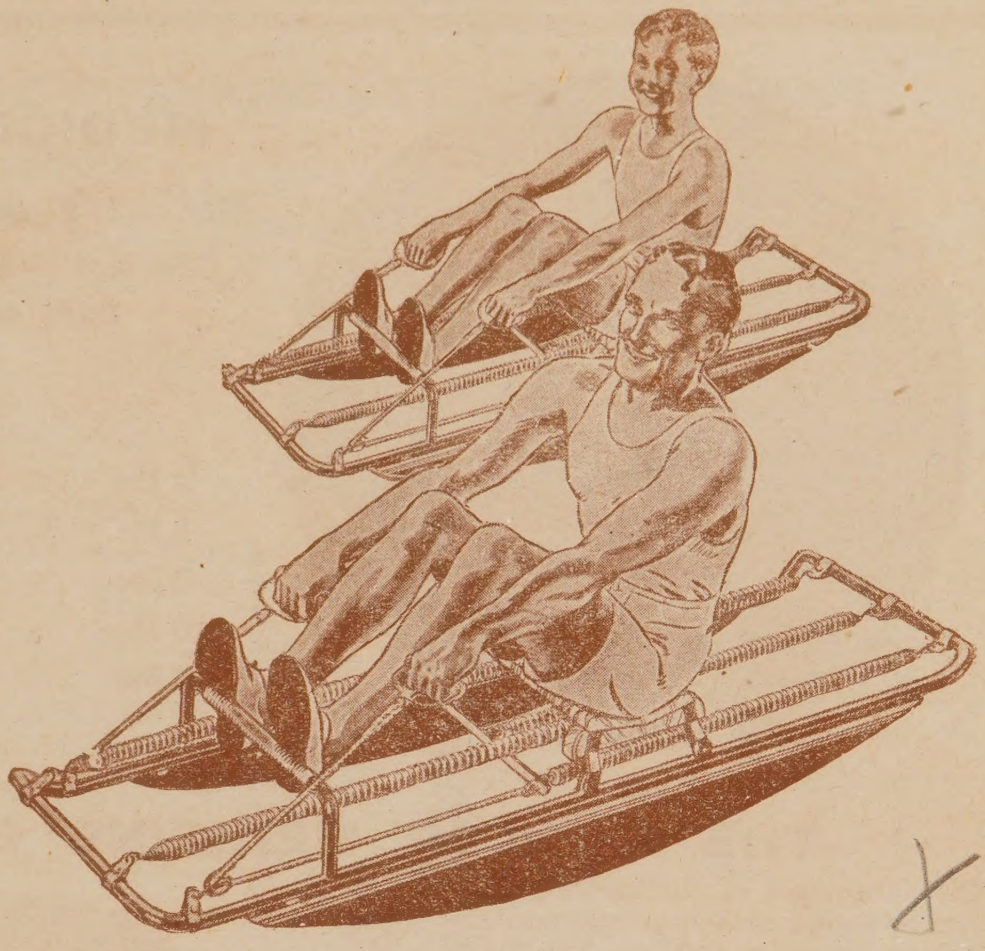
Complete **54/6**

TERRY'S SCULLING EXERCISER

Strong metal chassis enamelled black. Best Terry expansion springs steel clips and pulley blocks.

Nickel plated.

Seat and handles cellulosed in effective marble design. Smooth running sliding seat. Best white plaited cords. Portable and supported on rubber cushions. Weight 20½ lbs. Can be supplied with rocker chassis as illustrated.



No. 1	Enamelled chassis	complete	**84/-**
No. 2	Chromium plated	„	**110/-**
No. 3	Rocker as illustrated	„	**15/6**

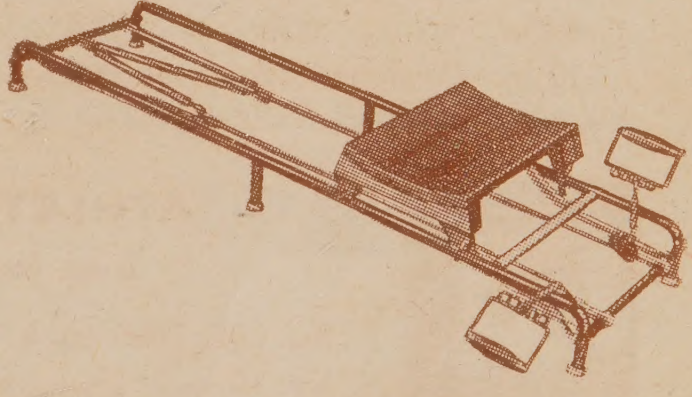
JUNIOR MODEL (suitable for Ladies)

No. 4	Enamelled chassis	complete	**63/-**
No. 5	Junior rocker	„	**10/6**

THE SANDOW ROWING MACHINE

Handles and Springs can also be used as a Chest Expander for Men.

Rowing is one of the finest exercises for strengthening the trunk and arm and leg muscles, while its effectiveness in slimming and the promotion of physical grace is obvious.



Though light in weight the Sandow machine is extremely strong. It possesses rubber cushioned feet and rubber covered footrest, while a cross-braced frame of tubular steel gives it immense strength & rigidity. The well-finished comfortable seat glides easily on its rubber rollers & returns automatically to its starting position. Best nickel plated British steel springs and exceptionally strong cords ensure years of efficiency.

Standard Model, 30 lb. rear springs **79/9**

Athlete's Model, 40 lb. rear springs **86/-**

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1.

MEDICINE BALLS

Extra Strong.
Perfect Shape and Weight.
Carefully Padded.

	"Jagrose" Hide	F. Bryan Hide
4 lbs. ...	**15/6**	—
6 lbs. ...	**16/3**	**26/6**
8 lbs. ...	**23/-**	**33/-**
10 lbs. ...	**28/6**	**39/9**
12 lbs. ...	**30/3**	**43/-**

THE DUNLOP MEDICINE BALL

The advantages of Rubber over Leather are that by reason of their greater resiliency many more exercises are possible. The Medicine Ball retains its shape, and its outer cover is of a Suede finish which not only allows a firm hold but it is quite pleasant to feel. The possibility of the Medicine Ball bursting while in strenuous use is negligible. This type of Ball is in extensive use in P.T. classes on the Continent.

Size	7½ in.	,, 1 lb.	,, **5/6**
,,	7½ in.	,, 2 lb.	,, **8/9**
,,	9 in.	,, 3 lb.	,, **18/-**
,,	10 in.	,, 3 lb.	,, **18/-**
,,	10 in.	,, 5 lb.	,, **23/-**
,,	12 in.	Weight 7 lb.	Each **26/-**

ATHLETES' EMBROCATION

Keep your muscles supple and free.

No. 6.	Goddard's	per bottle **6d.**
No. 12.	,, medium size ...	**1/-**
No. 24.	,, large size ...	**2/-**
No. 15.	Elliman's Famous "Rub" ...	**1/-**

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" GYMNASTIC EQUIPMENT

POLISHED INDIAN CLUBS.

Made from Best Selected Seasoned Elm.

PLAIN

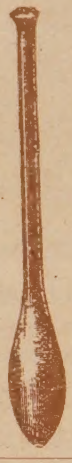
1 lb. pair	1/6	4 lb. pair	3/9
1½ lb. „	1/11	5 lb. „	5/-
2 lb. „	2/6	6 lb. „	5/9
3 lb. „	3/-	8 lb. „	7/3
		10 lb. pair	7/9

YARNISHED

1 lb. pair	1/8	4 lb. pair	4/3
1½ lb. „	2/3	5 lb. „	5/3
2 lb. „	2/9	6 lb. „	6/-
3 lb. „	3/3	8 lb. „	8/-
		10 lb. pair	8/4

BLACK EBONIZED

1 lb. pair	1/10	4 lb. pair	4/8
1½ lb. „	2/4	5 lb. „	6/-
2 lb. „	2/11	6 lb. „	7/3
3 lb. „	3/9	8 lb. „	8/4
		10 lb. pair	10/-



POLISHED BEECH SCEPTRES.

POLISHED and VARNISHED

¾ lb. pair	1/8	2 lb. pair	3/-
1 lb. „	1/11	2½ lb. „	3/9
1½ lb. „	2/4		

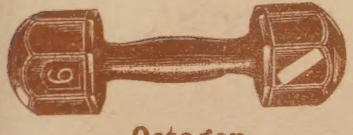
BLACK EBONIZED

¾ lb. pair	1/11	1½ lb. pair	2/7
1 lb. „	2/4	2 lb. „	3/6
		2½ lb. pair	4/-

POLISHED WOOD DUMB BELLS

Varnished Selected Elm.

½ lb. pr.	8½d.	2 lb. pr.	2/-
¾ lb. „	10½d.	3 lb. „	2/11
1 lb. „	1/2	4 lb. „	4/4
1½ lb. „	1/9		



Octagon

"JAGROSE" CAST IRON DUMB BELLS

	Ordinary Shape.	Octagon ends.		Enamelled Black.			
Weight per pair	1	2	3	4	5	6 lbs.
Number	5310	5311	5312	5313	5314	5315
Per pair	1/-	1/9	2/3	2/9	3/6	4/-
Weight per pair	7	8	9	10	11	12 lbs.
Number	5316	5317	5318	5319	5320	5321
Price per pair	4/9	5/3	6/-	6/6	7/3	7/9

"JAGROSE" "SAFE" GYM BELTS

No Metal. Patent leather fastener.

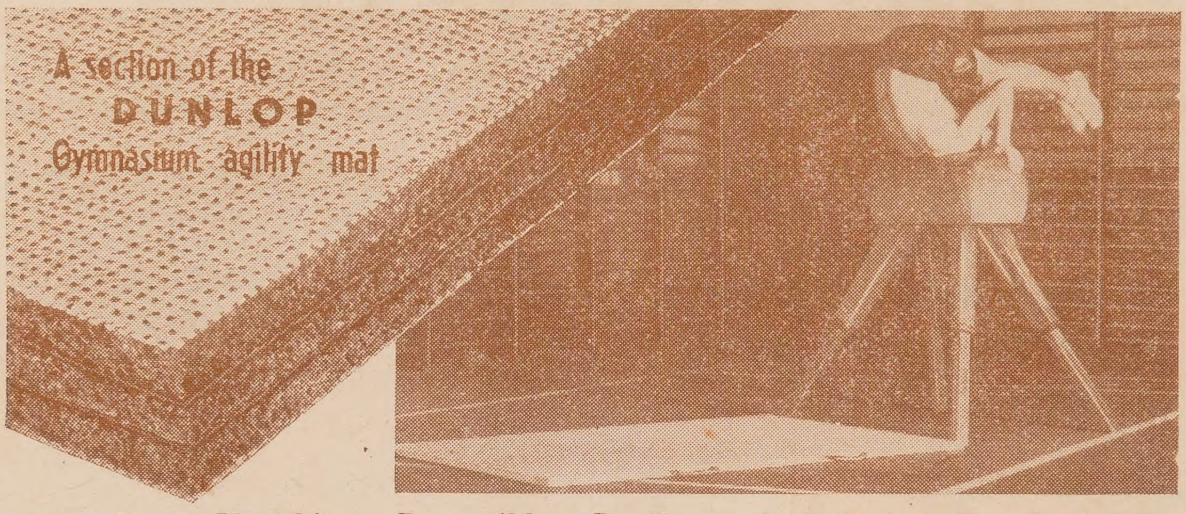
Strong elastic web. Plain shades, Red, White or Blue each **2/-**

"JAGROSE" Wrist Straps

Hide.	One-piece	10½d.
Calf.	Double buckle	1/3
„	One-piece. Extended strap. Best quality soft suede leather lined kid	2/3

and at 255-257 HOLLOWAY ROAD, LONDON, N.7.

DUNLOP GYMNASIUM MATS



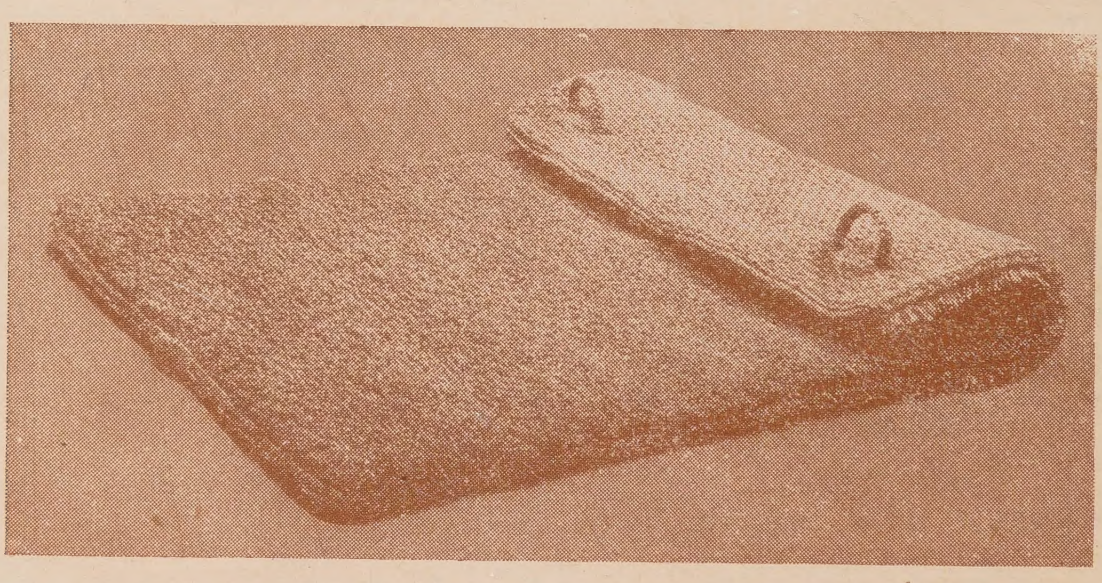
Non-Slip. Shock-Absorbing. Reversible. Dustless. Germ-Proof. Lasting Resilience.
Dunlopillo Gymnastic Mats are receiving very strong and enthusiastic support among the leading Clubs, Schools, Education Committees and the Services.

Size and Type of Mat.		Retail Price	Size and Type of Mat.		Retail Price
5′ × 3′ × 1⅛″	3 ply ..	**61/3**	5′ × 4′ × 1½″	4 ply ..	**101/6**
5′ × 4′ × 1⅛″	3 ply ..	**81/6**	6′ × 4′ × 1½″	4 ply ..	**123/9**
6′ × 4′ × 1⅛″	3 ply ..	**98/3**	6′ × 6′ × 1½″	4 ply ..	**182/-**
6′ × 6′ × 1⅛″	3 ply ..	**143/9**	5′ × 3′ × 1⅞″	5 ply ..	**91/3**
*10′ 6″ × 4′ × 1⅛″	3 ply ..	**193/6**	5′ × 4′ × 1⅞″	5 ply ..	**122/6**
5′ × 3′ × 1½″	4 ply ..	**76/3**	6′ × 4′ × 1⅞″	5 ply ..	**149/9**
			6′ × 6′ × 1⅞″	5 ply ..	**209/9**

Handles fitted **5/6** extra.

Other sizes can be quoted for on application. All prices are subject to carriage extra.
*** To Order Only.** This special size is strongly recommended for Agility work. For a 21′ run we advise two Mats 10′ 6″ each placed end on, thus giving greater mobility of movement.
Dunlop Gymnasium Mats are vastly superior to the old type of Agility Mattress.

"JAGROSE" GYMNASIUM MATS



Fully Guaranteed. Finest Coco Matting. Strong Diamond Pattern Backs. Designed and Specially made for Gymnasium Use. Prices include Lifting Handles.

	48″ × 48″	60″ × 48″	72″ × 48″	60″ × 60″	72″ × 72″
2½″ thick	**39/6**	**50/-**	**59/9**	**62/3**	**86/3**
3″ „	**44/3**	**55/3**	**66′9**	**69/-**	**103/-**

Carriage Forward

"JAGROSE" WRESTLING MATS

Made from Finest Coco Matting, backed heavy Roping Yarn.

No. 1	12′ × 12′ × 2½″	each	**£18 12 0**
No. 2	12′ × 12′ × 3″	„	**£19 16 9**

CANVAS COVERS

No. 3	Complete with ties and rings	„	**£6 4 3**

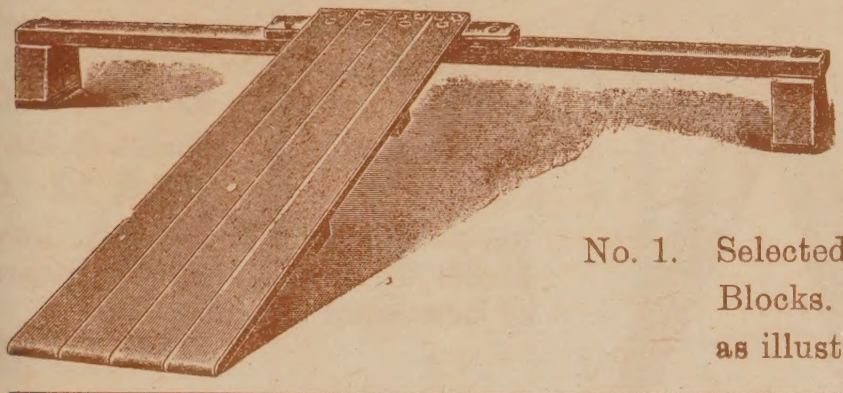
Carriage Forward.

JAMES GROSE LTD. ESTD. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" GYMNASTIC APPARATUS

SPRING BOARDS



No. 1. Selected Pine, feeted with Pedestal Blocks. Selected Ash Cross Bar, as illustrated ... **£3 5 6**

"JAGROSE" GROUND PARALLEL BARS

Forehand Balance.

No. 2. Selected Ash Bars. Stout supporting feet **50/-**

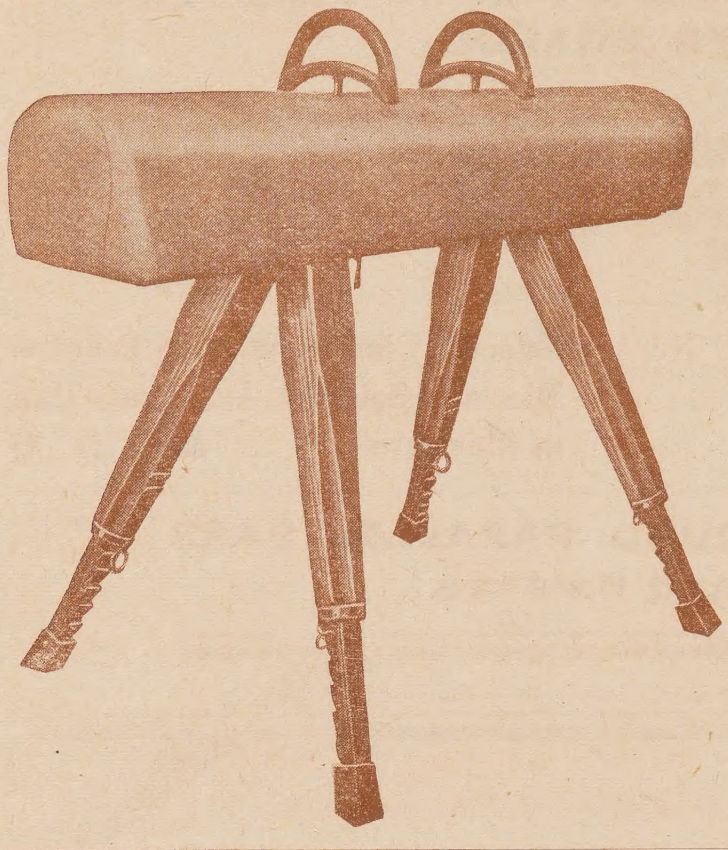
"JAGROSE" AGILITY MATTRESSES

Stuffed with best quality hygienically pure fibre and covered with best flax canvas.

		each
No. 3	Size 6 ft. × 4 ft. × 4 ins.	**57/6**
No. 4	,, 6 ft. × 4 ft. × 2 ins.	**49/-**
No. 5	,, 6 ft. × 3 ft. × 2 ins.	**38/-**

JAMES GROSE LTD. ESTD. 1876
EUSTON ROAD, GT. PORTLAND, STREET, N.W. 1

"JAGROSE" GYMNASTIC APPARATUS



"Jagrose" Vaulting Horses

No. 1. 4 ft. 6 in. Spring Adjustment. Ring Pommels. Iron plated legs. Body covered best hide **£14 4 0**

No. 2. As No. 1. Size 5 ft. long **£16 2 0**

No. 3. As No. 1, but 6 ft. long Model in accordance with Board of Education Specification **£16 13 6**

Swedish Box Vaulting Horses

No. 4. Stout Pine, Varnished Full size. Padded Cowhide Top (4 sections) **£10 7 0**

No. 5. With 5 Sections **£10 12 9**

No. 6. Junior Size **£8 9 0**

"JAGROSE" GYMNASTIC APPARATUS

"Jagrose" Jumping Stands

No. 1. **Portable.** Indoor or Outdoor. Best Pitch Pine. 6 ft. high. Oval shape. Holed every inch. Solid square pattern bases. Metal pins. Weighted end rope. Per set **14/6**

No. 2. **Super Portable.** Fitted with cross bases. Pitch Pine 6 ft. uprights, oval. Rope with leather weighted ends. Adjustable heights up to 6 ft. by 1 in. intervals. Per set **17/6**

No. 2A. **Club Special.** Best Columbian Pine as illustrated. Per set **26/-**

No. 3. **Extra Ropes.** With weighted end. each **3/6**

No. 4. **12 ft. Jumping Laths.** Best quality Ash. each **2/6**

No. 5. **Jumping Poles.** Surgical bound. Best English Ash. Size 4 ft. × 1 in. dozen **12/-**

No. 6. Ditto. Size 5 ft. × 1⅛ in. ,, **17/3**

No. 7. Ditto. Size 6 ft. × 1¼ in. ,, **23/-**

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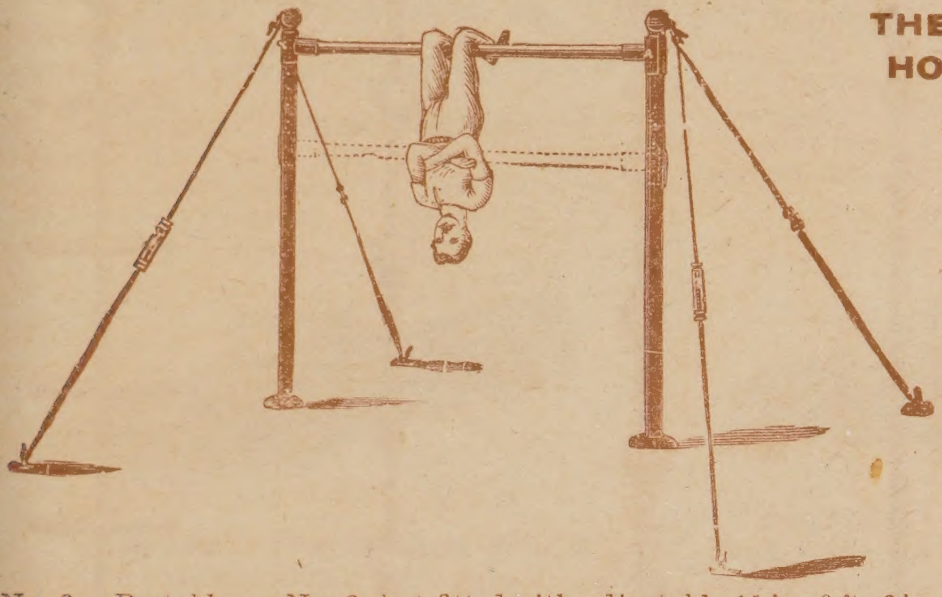
"JAGROSE" GYMNASTIC APPARATUS



THE 'JAGROSE CLUB' HORIZONTAL BARS

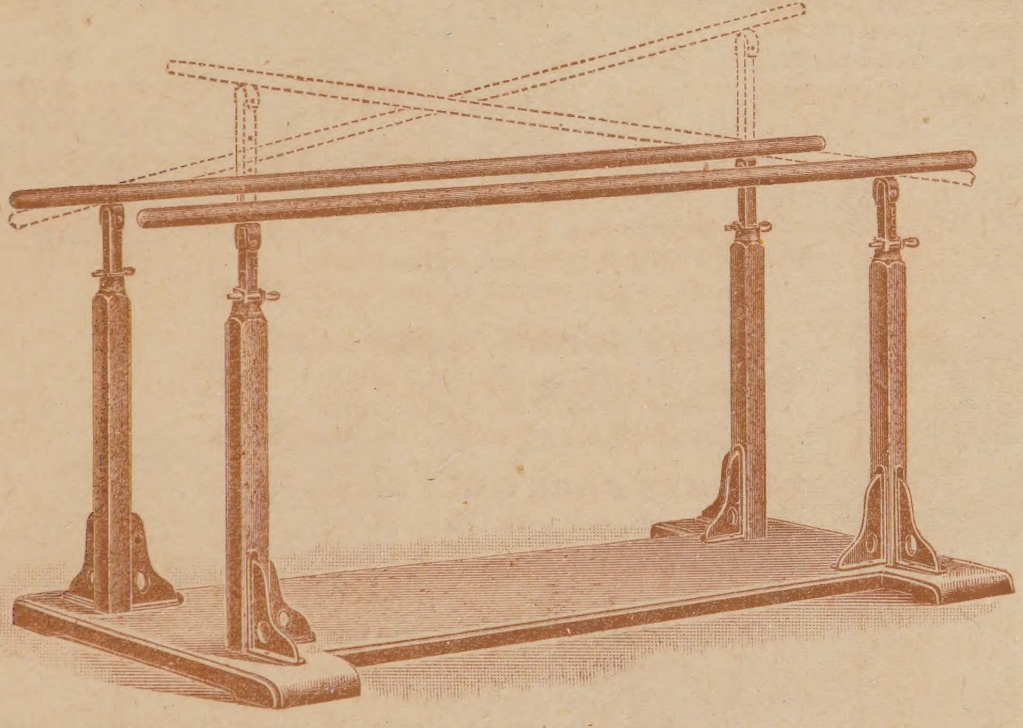
No. 1. Portable, Steel Core, 6 ft. Bar, Long Standards, Stay Rods and Floor Plates, bar not adjustable. **£6 18 0**

No. 2. Portable, 1¾ in. adjustable Ash Bar, ¾in. Steel Core, Stout Iron Tubular Standards, Special Floor Plates, Straining Couplings, Quick Action Turnbuckles **£8 18 0**

No. 3. Portable, as No. 2, but fitted with adjustable 1¾ in. 6 ft. 6 in. Steel Core **£9 13 0**

BARS ONLY, 6 ft. Steel Core Bars **34/6** ea. **BARS ONLY**, 1¼" do. Covered Leather, **94/-** ea.

"JAGROSE" PARALLEL BARS



No. 1. JAGROSE FIXED TYPE. Full Size. 8 ft. Solid Ash Bars. 1¾" diameter Portable, easily stored **£9 9 0**

No. 2. JAGROSE ADJUSTABLE to various heights. Special Spring and Joint Hinges, Solid Platform **£13 19 0**

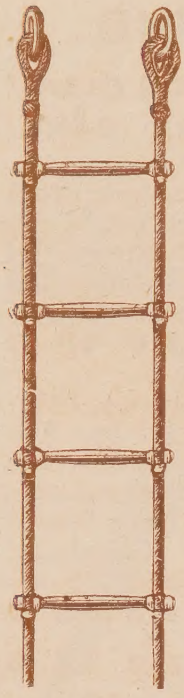
No. 3. ADJUSTABLE as No. 2, fitted with Imp. Patent Rapid Adjustment (as illustrated) **£17 0 0**

Steel Core Bars can be fitted to any of above models at **£2 12 0** extra.

JAMES GROSE LTD, for Quality and Lowest Prices.

JAMES GROSE LTD. Estd. 1876

"JAGROSE" GYMNASTIC APPARATUS
ROPES, LADDERS, &c.



Rope Ladder

Climbing Rope

Knotted Rope

Plugged Rope

Sparred Rope

Climbing Ropes, best hemp, with thimble and ring attachments, leather bound ends	3½" **2/3**	4" **2/6**	4½" **2/9**	circum. per ft. run	
Climbing Ropes, best manilla. spliced ends, thimbles and rings	**1/8**	**1/9**	**1/11**	,,	
Rope Ladders, best hemp, 12" wood rungs **4/-**	14" wood rungs		**4/8**	,,	
Sparred Rope, wood spars			**6/-**	,,	
Plugged Rope, wood plugs			**6/-**	,,	
Knotted Rope, 1¼" diameter			**3/9**	,,	
,, ,, 1½" ,, ...			**4/8**	,,	

TRAPEZE BARS COMPLETE

No. 1. With 6 ft. 6 ins. hemp ropes, spliced to bar .. each **12/-**

No. 2. With 6 ft. 6 ins. extra strong hemp ropes, spliced to bar each **14/6**

HAND RINGS COMPLETE

No. 1. Travelling Rings, leather covered with 6 ft. 6 ins. ropes, spliced on round rings pair **17/3**

TRAPEZE BARS ONLY without ropes

No. 1A. Ash bar with iron ends .. **5/9**

No. 2A. ,, ,, ,, ,, & steel core **17/3**

HAND RINGS ONLY without ropes

No. 1. Round, plain .. per pair **4/8**

No. 2. ,, leather covered ,, **22/6**

No. 4. Stirrup, stout, leather covered .. per pair **22/6**

No. 5. Swivel, leather covered, 7" diameter .. per pair **44/-**

ROPES AND FITTINGS FOR TRAPEZE BARS OR HAND RINGS

Stout hemp ropes for trapeze bars, hand rings, etc., with dog hooks and eyes 6 ft. run **10/6** pair

,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, ,, adjustable 9 ft. run **12/-** pair

These prices are for 6 ft. lengths and over. Less than 6 ft. lengths quoted for on application

"JAGROSE" RUNNING SHOES All British Made.

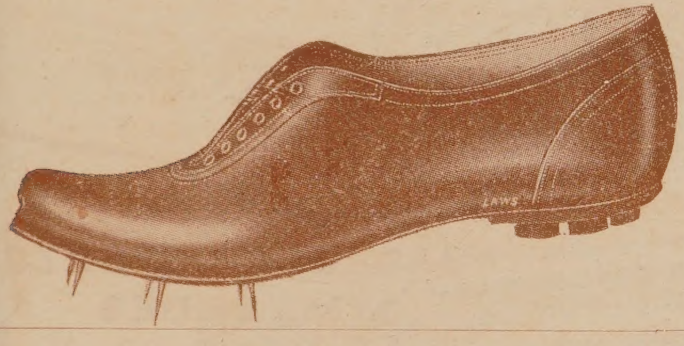
"Jagrose" Track Shoe No. 1
Strong leather uppers, plated sole, reliable spikes. Ladies or Gents. per pair **8/11**

"Jagrose" Track Shoe No. 2
Similar to No. 1 with superior leather uppers, well constructed and finished. Spikes securely fixed. per pair **9/11**

"Jagrose" Track Shoe No. 4
Selected lightweight calf, one piece upper, best quality steel spikes securely fixed to strong metal plate. Spikes so constructed that they will not penetrate the sole even in wet weather .. per pair **13/9**

"Jagrose" Track Shoe No. 3
One piece calf upper, securely fixed steel plated spikes, ½" or ⅝". Sole fitted with fibre protector rendering the spike unmovable. Strongly sewn, a really first-class shoe at a reasonable price .. per pair **11/9**

"Jagrose" Sprint Shoe No. 5
Hand made throughout, one piece, super selected calf whole cut upper, roomy fitting at the toe. Patent steel ¾" special sprint spikes, securely fixed to steel plate. A real lightweight shoe for fast work.
per pair **20/6**



"Laws" Famous Track Shoes
No. 6. Cut from bark tan skin, hand sewn. A useful shoe for training and racing at a popular price pair **20/6**
No. 7. Cut from good grade calf skin, black or brown, with Tarsal Binder Patent .. .. pair **24/9**
No. 8. Super quality in firm black or brown calf with Tarsal Binder Patent. A real good shoe .. pair **30/-**

'Jagrose' Cross Country Shoes

No. 9. Black hide uppers, ¼" stub spikes. Extra special value, plated sole. per pair **9/11**

No. 10. Superior black hide uppers. Best steel spikes with plated soles. per pair **11/9**

"Jagrose" Cross Country Shoes

No. 11. Selected calf upper with best quality ¼" stub spikes, plated sole, perfect fitting, best workmanship .. .. .. per pair **13/9**

No. 12. Superior full chrome box leather, strong leather dump and heel, roomy fitting at toe. Best quality patented rubber studs, ankle strap and buckle .. .. .. per pair **19/3**

CHAMOIS LEATHER TOE SOCKS. for Running, Jumping, Walking, etc. Very comfortable. per pair **1/3**

JAMES GROSE LTD. Estd. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W. 1

"JAGROSE" RACE WALKING SHOES

Thoroughly recommended and supplied to many of the principal Walking Club Members, including Police, Military, etc. interested in long distance races:

No. 1. **WALKING RACE SHOES.** Best Pliable Black Box Calf. Plain Front. Extra wide and comfortable. Perfect fitting and hard wearing.
Best English Butt Leather Soles 17/6 pair

"JAGROSE" RUNNING SHOES

Rubber Soles. Canvas Uppers.

No. 3. **"THISTLE"** with straight groovod soles, goloshed .. **3/9** pair

No. 4. **"HARRIER"** with registered design non-slip **"Arrow"** grooved soles goloshed .. .. .. **4/9** pair

"JAGROSE" CROSS COUNTRY SHOES

No. 2. Extra strong black canvas upper, crepe rubber sole and heel, fitted with "Arrow Bars." Goloshed uppers, ankle strap and buckle. Most suitable for hard roads and rough country Pair **7/6**

"JAGROSE" SPORTS GYM. SHOES

Pair

No. 5. White Canvas with strong black rubber soles **2/6**

No. 6. Black or White Superior Canvas, with extra strong black rubber soles **2/9**

"DUNLOP" SPORTS SHOES

No. 7. **"Jagrose"** special offer. Empire Shoes. Crepe Rubber Soles **2/9** pair

No. 8. **"The Larne."** White Canvas superior white crepe rubber soles **3/3** pair

No. 9. **The "Mersey."** White canvas, superior natural crepe rubber soles **4/3** pair

No. 10. **The "Red Flash."** White canvas with hygienic Dunlopillo heel lift. Crepe rubber soles ... **5/6** pair

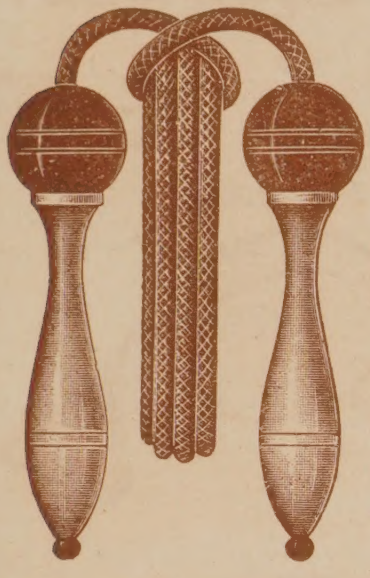
No. 11. **The "Amber Flash."** White canvas with hygienic Dunlopillo heel lift. Natural crêpe rubber soles .. .. .. **6/6** pair

No. 12. **The "White Flash."** Special goloshed soles and special instep support strap. Black crêpe soles and Dunlopillo heel lift .. .. **7/6** pair

No. 13. **The "Green Flash."** Best quality white canvas. Special transparent stout crêpe rubber soles. Hygienic Dunlopillo heel lift .. **11/6** pair

JAMES GROSE LTD. ESTD. 1876

"JAGROSE" TRAINING ROPES



We have specialised for years in this form of training. "We recommend ropes for physical training."

No. 1. Special. Ball bearing handles. White cotton rope. Approximately 8ft. Polished handles each **1/9**

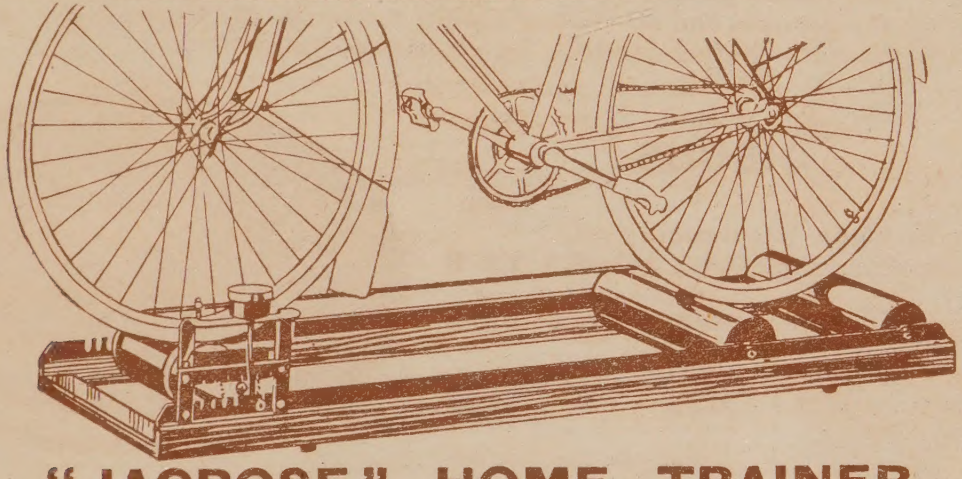
No. 2. "Velocity." Hardwood polished handles, round knobs, ball bearing. Best quality plaited white cotton rope. 10 ft. or 12 ft. long ... ... each **2/6**

No. 3. Super "Velocity." French polished handles with ebonised knobs, ball bearing. Best quality white plaited rope. 12 ft. ... ... each **3/3**

No. 4. "Whirlwind." The latest development in skipping ropes. Cone and drum action, ball bearing handles. Special weighted rope gives that smooth ease and rapidity that no other rope can possibly give. each **3/9**

No. 5. "Gymnast." A specially designed training rope. 24" of leather securely sewn on part of rope which rubs the ground. Super heavy weighted rope. Handles non-slip flexible rubber ... ... each **5/3**

Spare Ropes, 5 yard lengths, best white, plaited ... per yard **6**d.



"JAGROSE" HOME TRAINER

Designed by **Mr. Harold Grose.** This trainer supplies a long felt want—a Trainer strongly made at a reasonable price. Manufactured at our **Euston Road Works.**

The frame is made of selected seasoned ash with right angle steel girders bolted to the top which gives great rigidity. The spindles of the rollers are mounted in grooves on the girder and locked in position by collared nuts, these are fully adjustable to all wheel bases.

The steel rollers are mounted on large ball bearings which ensure **easy silent running.** The whole frame stands on rubber buffers which prevents slipping and vibration when in use.

This trainer is very suitable for Club use, it will stand any amount of hard work, and can be supplied with a speedometer fitted to drive off the front roller.

No. 753. **"JAGROSE" HOME TRAINER** **45/-**

No. 7538 " " " fitted with **Constrictor 40 m.p.h.** Speedometer **65/-**

No. 754. **SPARE BELTS** **3/6**

CARRIAGE PAID.

JAMES GROSE LTD. Estd. 1876

EUSTON ROAD, GT. PORTLAND STREET, N.W.1

"JAGROSE" FIELD SPORTS EQUIPMENT

RACING HURDLES

		Plain	Painted
No. 0	Adjustable Hurdles with Base and Loose Top Bar. 2′ 6″ to 3′ 6″ high by 4′ wide	12/-	15/-
No. 01	Hurdle with Base and Fixed Bar. 2′ 6″ high, 3′ wide	9/3	12/-

THROWING HAMMERS

With Wire Handles.

each

No.1 16 lb. iron regulation **25/11**
No.2 16 lb. brass „ **£3 15 0**

THROWING SHOT

Single round cast iron shot (used for the exercise of putting the weight), 16 lb. each **12/-**
16 lb. brass do. each **£2 11 9**

TOE BOARDS

Used in throwing Shot, Hammer, etc. .. .. .. each **25/11**

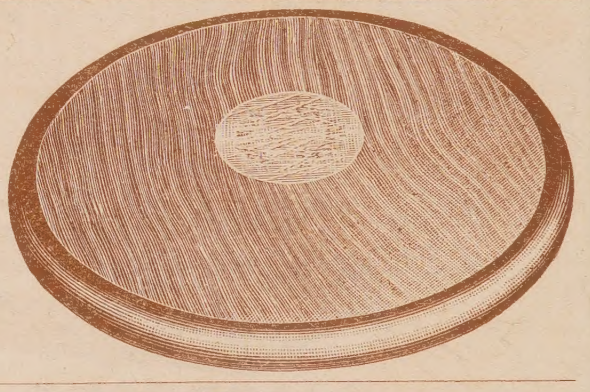
JAVELIN

No. 3 Regulation pattern as recommended by the A.A.A., and used in the Olympic games and all Championship meetings. As illustrated each **13/11**
No. 4 Bamboo shafted Javelins, for practice purposes .. .. „ **8/9**

DISCUS

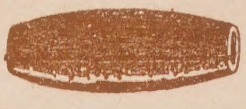
each

No. 5 Men's Regulation, made from selected materials only **£1 11 9**
No. 6 Men's, for practice purposes **21/3**
No. 7 Youths', Regulation, 8in. diam., weight 1.5 kilos .. **16/3**



TUG-OF-WAR ROPES

No. 9	35 yards × 4 ins., Best Hemp (A.A.A. specifications) ..	1/6	per foot
No. 10	„ „ Manilla	1/3	„
No. 11	„ ×3 in, „	1/-	„



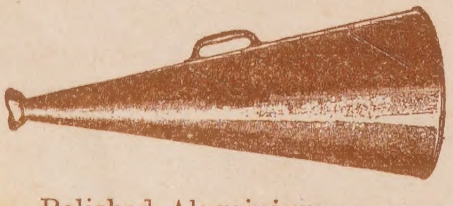
RUNNING CORKS

Fitted with Elastic.

No. 20 per pair 7½d.

SPECIAL DISCOUNT TO CLUBS.

Club Secretaries and Club Members register with us, we allow discount on every purchase, large or small.



Polished Aluminium.

"JAGROSE" MEGAPHONES

All Fitted with Handle.

No. 36 12″	No. 53 15″	No. 58 18″
7/3	8/-	11/6

No. 54 22″	No. 55 30″
14/6	19/3

To save delay:—Address all orders to 379-381 Euston Road London N.W.1.

"JAGROSE" FENCING EQUIPMENT

FENCING FOILS. SUPERIOR BLADES.

All blades fitted with rubber tips.

No. 1. Best quality. size 4 or 5 Blade, figure 8 steel guard with leather corded handle. Conical pommel .. .. .. each **5/9**

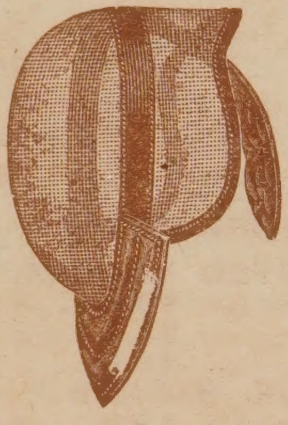
No. 2. Championship Model, best quality Blade, screw fitting, steel guard 3⅜" diam., fitted leather thumb piece, corded handle each **7/6**

No. 3. Tournament Model, polished aluminium guard, 3½" diam. cord cushion pad, handle grey chamois leather with silver corded grip, Pommel, 2 piece screw pattern .. .. .. each **14/6**

BLADES for No. 1 .. **3/3** each **GUARDS** 3½" diam. .. **1/9** each
„ „ No. 2 .. **3/6** „ „ 4½" „ .. **2/3** „
HANDLE. Best quality, black cord covered, metal ferrules .. **1/4½** „
POMMEL. Steel conical shape **1/-**. Two-piece for quick mounting **2/3** „
RUBBER BUTTONS .. .. **4**d. „

"JAGROSE" MASKS AND HELMETS

Bound leather with full head and ear protectors.



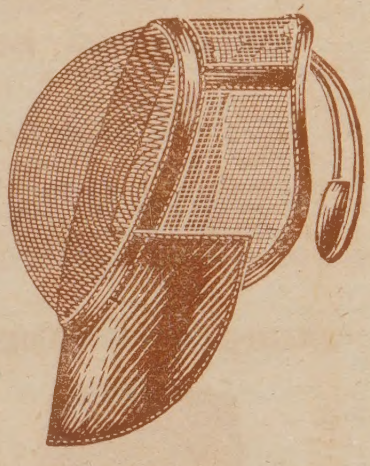
No. 2

No. 4. Strong gauze wire, with double spring. each **11/-**

No. 5. Ditto, with strong canvas padded throat protector. each **13/3**

No. 6. Strong gauze wire, with leather throat protector. each **21/3**

No. 7. Fine gauze wire, extra strong, suitable for epee. each **24/-**



No. 3

Cane Helmets for Single Sticks

No. 8. Bound with leatherette and Selvyt lined each **14/9**

Cane Helmet

"JAGROSE" JACKETS AND CLOTHING

No. 9. **Jackets.** Strong unbleached Sail Cloth .. **28/9** each

No. 10. **Jackets.** Long pattern, Suitable for Foil, Sabre or Epee. **37/6** each

No. 11. **Jackets. Ladies'** Drill Jacket with with wire protectors for chest **37/6** each

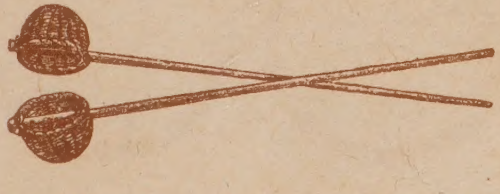
No. 12. **Skirt.** Pleated Serge, Black or Blue. **28/9** each

No. 13. **Pantaloons.** Sail Cloth **37/6** pair

No. 14. **Trousers or Breeches** **33/11** pair

No. 15. **Hose.** White .. **5/3** pair

"JAGROSE" FENCING SINGLE STICKS



No. 16. STICKS with Cane Hilts **2/-** each **23/-** doz.

No. 17. Cane Hilts only .. **17/3** doz.

No. 18. Single Sticks only .. **6/6** doz.

Highest Quality at Lowest Prices.

"JAGROSE" CLUB COLOURS. BADGES

7/6 per doz.

2/9 each

9/6 per doz.

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All Badges can be made from any Colours and embroidered in gold or silver. Please state colours when ordering.

No. 66. Made up in any 2 colours, doz. **7/6**
„ 67. Made up in any 3 colours, doz. **8/6**

Celluloid Button in centre, with Officers' titles—

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„ 69. Any three colours doz **10/6**

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Fitted with Pin Backs. **20/-** per gross lots. One dozen lots .. **2/3** doz.

No. 90. $\frac{7}{8}$" dia. **Black Letters on White.** Stock Title : Steward, Committee, Secretary, Hon. Sec., Chairman, Treasurer, Hon. Treas., M.C., Staff, Captain, Vice-Capt., President. **Red Cross or Union Jack Buttons same price.**

No. 91. Plain Colours for School Houses, **20/-** gross

LEATHERETTE BADGES

Can be supplied from Stock as follows :— Secretary–Red. President–Royal Blue. Treasurer—Orange. Judge—White. Starter—Navy. Umpire—Cream. M.C.—White. Vice-Pres.—Sky. Captain—Pink. Vice-Capt.—Dark Green. Chairman—Scarlet. Committee—Brown. Referee–Light Green. Handicapper—Yellow. Steward—Mauve. Timekeeper—Purple. Lap Scorer—Black. Hon. Sec.—Red.

No. 70. **7**d. each. **5/6** doz.

Can also be supplied same size with name of function worked round same. Any colour, lettered in gold or silver.

No. 71. In quantities of 3 doz. **9/6** per doz.

No. 72. Assorted Officers, (as illustrated) **3/3** per doz. extra.

Smaller size, any colour, in quantities of 3 doz. **8/-** doz.

No. 74. Assorted Officers, **3/3** doz. extra.

"JAGROSE" EMBROIDERED CLUB or SCHOOL BADGES—Cap size.

WORSTED BADGES

No. W1	2	Letter Monogram, per doz.	**10/6**	..	in Shield	**13/9**
No. W2	3	„	„	„	„	**13/9**	„	„	**17/-**
No. W3	4	„	„	„	„	**16/6**	„	„	**20/-**

SILK BADGES

No. S1	2	Letter Monogram, per doz.	**13/9**	..	in Shield	**17/-**
No. S2	3	„	„	„	„	**16/-**	„	„	**19/6**
No. S3	4	„	„	„	„	**22/6**	„	„	**25/6**

Blazer Pocket or any Club Badges quoted for by return post. Submit size and design required.

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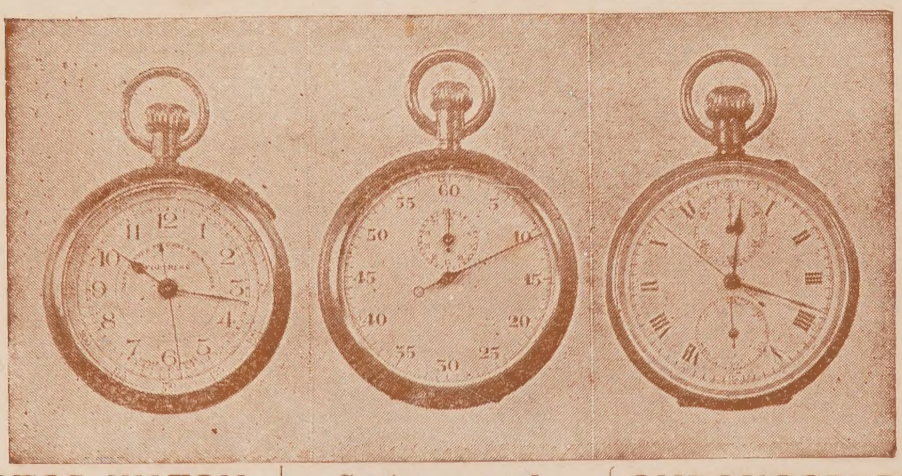
No. T12. Open End Style .. **2/9** each **31/6** dozen
Any Club, School or Regimental Tie quoted for per return of post.



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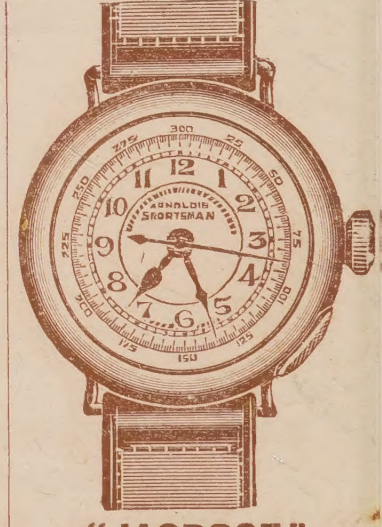

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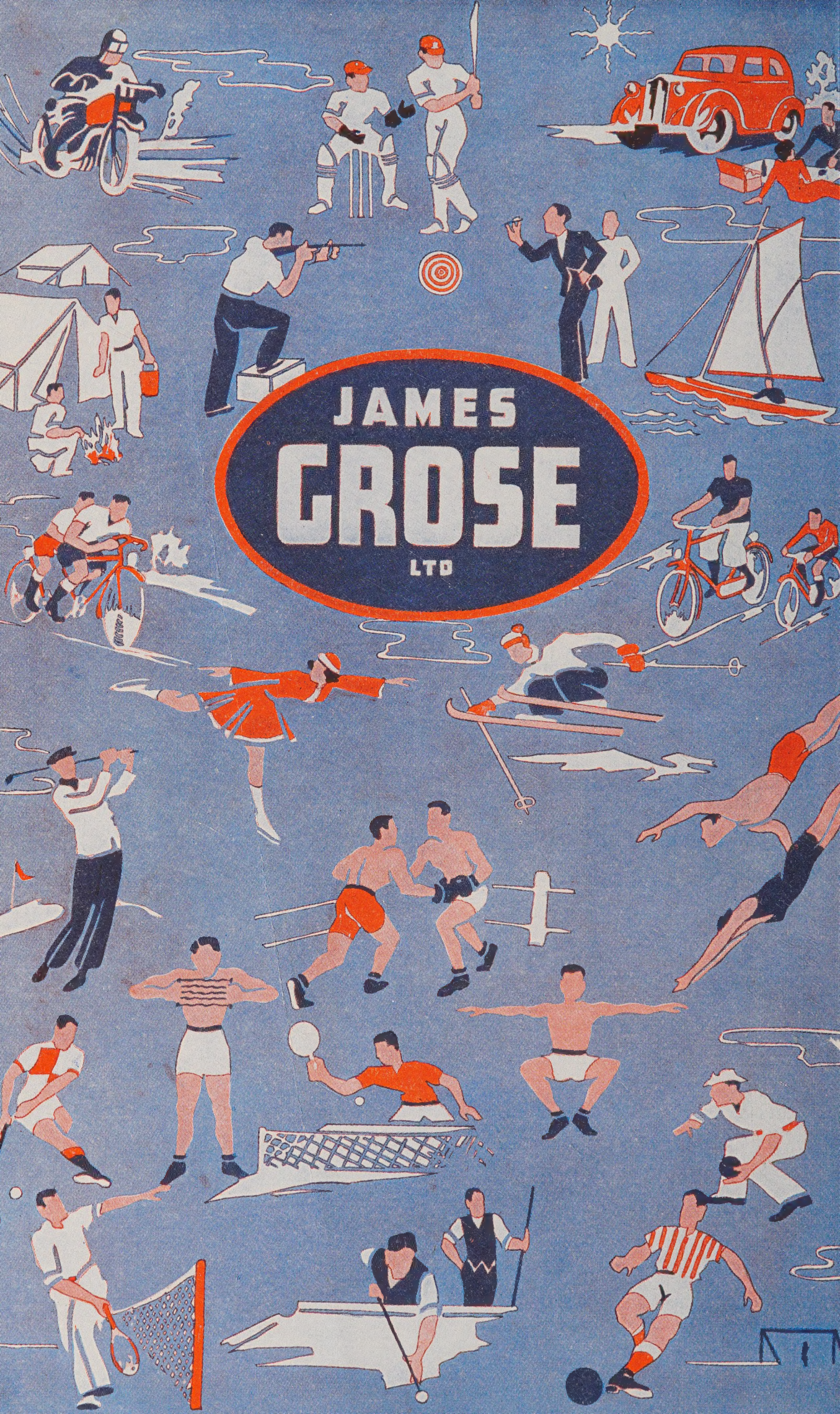
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